



Our school kitchen Menu

April 2024

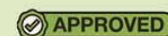


	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Jumbo Fish Finger *OR*</p> <p>Baked Veggie Nuggets </p> <p>Served with creamed mashed potato & baked beans</p> <p>● ● ●</p> <p>Fresh Baked Bread Fruit Sponge & Cream & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POTS <small>DAILY OPTION</small></p>	<p>Welsh Beef Bolognaise *OR*</p> <p>Veggie Pasta Bolognaise </p> <p>Served with pasta in tomato sauce, peas & garlic bread</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Roast Chicken Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with roast potato, carrots, broccoli & Yorkshire pudding</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> JACKET POTATO <small>DAILY OPTION</small></p>	<p>Chicken Curry & Naan Bread *OR*</p> <p>Vegetable Jalfrezi </p> <p>Served with rice, peas & naan bread</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Beef Burger or Vegan Burger </p> <p>in a Bun *OR*</p> <p>Salmon Fillet</p> <p>Served with chips & veg sticks</p> <p>● ● ●</p> <p>Fresh Baked Bread Cocoa Cookie & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POTS <small>DAILY OPTION</small></p>
WEEK 2	<p>Baked Sausage *OR*</p> <p>Baked Vegan Sausage </p> <p>Served with Mashed Potato, Peas and Gravy</p> <p>● ● ●</p> <p>Fresh Baked Bread Marble Sponge & Cream & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POTS <small>DAILY OPTION</small></p>	<p>Tuscan Chicken & Pasta Served with pasta, sweetcorn & garlic bread *OR*</p> <p>Tomato Pasta Bake with Garlic Bread</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Roast Turkey Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with roast potatoes, carrots, green beans & Yorkshire pudding</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> JACKET POTATO <small>DAILY OPTION</small></p>	<p>Baked Fish Fillet Served with creamed mashed potato & baked beans *OR*</p> <p>Chilli Non Carne </p> <p>Vegetarian mince chilli served with rice & peas</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Chicken Nuggets Served with chips & veg sticks *OR*</p> <p>Vegetable Tortilla Stack </p> <p>Served with chips & veg sticks</p> <p>● ● ●</p> <p>Fresh Baked Bread Shortbread Biscuit & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POTS <small>DAILY OPTION</small></p>
WEEK 3	<p>Big Breakfast Bacon, free range Omelette, Baked Beans and a wedge of Bread *OR*</p> <p>Veggie Big Breakfast </p> <p>Vegan sausage, free range omelette, baked beans and a wedge of Bread</p> <p>● ● ●</p> <p>Fresh Baked Bread Cocoa Sponge & Cream & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POTS <small>DAILY OPTION</small></p>	<p>Meatballs & Pasta *OR*</p> <p>Veggie Meatballs & Pasta </p> <p>Vegetarian meatballs in a tomato sauce, peas & garlic bread</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Roast Chicken Dinner of the Day *OR*</p> <p>Veggie Roast Dinner of the Day </p> <p>Served with mashed potatoes & garden peas, carrots & Yorkshire pudding</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> JACKET POTATO <small>DAILY OPTION</small></p>	<p>Ham & Cheese Calzone Pocket *OR*</p> <p>Cheese & Tomato Calzone Pocket </p> <p>Served with baked wedges & peas</p> <p>● ● ●</p> <p>Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit</p> <p><small>DAILY OPTION</small> SANDWICHES <small>DAILY OPTION</small></p>	<p>Chicken Burger or Vegan Burger </p> <p>in a Bun *OR*</p> <p>Baked Cod Goujons</p> <p>Served with chips & veg sticks</p> <p>● ● ●</p> <p>Fresh Baked Bread Cocoa Krispie Cake & Fresh Fruit</p> <p><small>DAILY OPTION</small> PASTA POT <small>DAILY OPTION</small></p>

NEW SALAD BAR
To help children reach their 5 a day every school now has a new help yourself salad bar. Children can fill up on a choice of at least 6 fresh salad items every day. Available with every meal choice.



NEW DESSERT BARS
Our aim is to get children to eat more fruit based desserts at lunchtime. Each school now has a new help yourself dessert bar where children can choose Llaeth Y Llan yogurts and top with a wide choice of fresh seasonal fruits.



This menu has been nutritionally analysed in line with Welsh Government Guidance to meet pupils needs for **protein, carbohydrates, fat, sugar and salt.**

ALLERGENS & INTOLERANCES
Many of our dishes are available to accommodate special dietary requirements - please contact our Cook to discuss these options

KEY:



PLEASE NOTE:

OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.