

Primary School Menu

October 2021 – April 2022



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



Suitable for Vegetarians



Suitable for Vegans



Arlwyo a Glanhau

NEWYDD

Catering & Cleaning

WEEK 1

MONDAY

Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.

Oven Baked Nuggets

Vegetarian nuggets served with oven baked diced potatoes & garden peas.

Lemon Muffin or Fresh Fruit

TUESDAY

BBQ Meatball Sub

Vegan meatballs served with potato wedges, green beans & sweetcorn.

Seafood Burger

Salmon & cod fishcake served with green beans & sweetcorn.

Raspberry Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Cooks Fruit Cake or Fresh Fruit

THURSDAY

Chicken Curry & Naan Bread

Served with vegetable rice.

Pasta Bolognese

Vegetarian mince in tomato & vegetable sauce & garlic bread.

Fresh Fruit and Yoghurt

FRIDAY

Gluten Free Beef Burger in a Bun

Served with chips & veg sticks.

Mexican Burrito

Lightly Spiced veggie mince wrap with chips & veg sticks.

Chocolate Muffin or Fresh Fruit

WEEK 2

MONDAY

Oven Baked Sausage

Served with mashed potatoes & baked beans.

Oven Baked Fish Fillet

Served with mashed potatoes & baked beans.

Raspberry Crumble & Cream or Fresh Fruit

TUESDAY

BBQ Chicken Wrap

Strips of chicken, BBQ Sauce in a wrap with a hash brown & sweetcorn.

Sweet Potato & Vegetable Curry

Served rice and naan bread.

Chocolate Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Fruit Flapjack or Fresh Fruit

THURSDAY

Classic Cottage Pie

Served with seasonal vegetables.

Chilli Non Carne

Vegetarian mince chilli served with vegetable rice.

Fresh Fruit or Yoghurt

FRIDAY

Oven Baked Chicken Nuggets

Served with chips & veg sticks.

Big Burger in a Bun

Vegan burger served with chips & veg sticks.

Baked Biscuit or Fresh Fruit

WEEK 3

MONDAY

Chicken Burger in a Bun

Served with skin on potato wedges & coleslaw.

Mac 'n' Cheese

Pasta baked in a cheesy sauce.

Blueberry Muffin or Fresh Fruit

TUESDAY

Meatballs & Pasta

Beef meatballs in a tomato sauce & garlic bread.

Ocean Stick Wrap

Served with ½ jacket potato & baked beans.

Lemon Sponge & Custard or Fresh Fruit

WEDNESDAY

Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Veggie Roast Dinner of the Day

Served with potatoes & two seasonal veg.

Shortbread Biscuit or Fresh Fruit

THURSDAY

Pasta, Peas and Ham

Served with garlic bread & veg sticks.

Breakfast Wrap

Vegetarian sausage, hash brown, free Range omelette & baked beans.

Yoghurt or Fresh Fruit

FRIDAY

Cheese & Tomato Pizza

Classic 'Margherita' served with chips & veg sticks.

Chicken Pizza

Served with chips & veg sticks.

Chocolate Brownie or Fresh Fruit

Sandwiches

Choose from the following fillings:

Ham

Cheese 

Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

Freshly Cooked Jacket Potatoes

Choose from the following toppings:

Baked Beans   Cheese 

Tuna Mayo Cheese & Beans 

Served with daily pudding and drink with fresh fruit and salad options where available.

Pasta Pots

Choose from the following toppings:

Ham

Cheese 

Tuna Mayo

Served with daily pudding, drink, fresh fruit and salad options where available.

Daily Salad Selection

As your school returns to a normal service the salad bar will once again be available to provide a daily choice of fresh salad.



DAILY OPTIONS

Please note that our menus could be subject to change due to nationwide supply issues.