

# Carmarthenshire Primary Menu

(Effective from w/c 25th April to 24th June 2022)

## Week 1

**Week commencing**  
25th April, 16th May,  
6th June

### Monday

Homemade Beef Pasta Bake  
or Tomato and Basil Pasta Bake (v)

Broccoli and Mixed Vegetables  
Garlic Bread

Homemade Shortcake Biscuit  
and Milk

### Tuesday

Breaded Chicken/Quorn Wrap (v)

Baked Beans or Peas Jacket Wedges

Homemade Chocolate Muffin  
and Milk

### Wednesday

Roast Turkey or  
Vegetarian Roast (v)

Homemade Stuffing, Carrots and Cabbage  
Selection of Potatoes, Gravy

Fruit and Ice Cream

### Thursday

Homemade Loaded Pizza  
or Cheese and Tomato Pizza (v)

Mixed Salad and Sweetcorn  
Homemade Herby Potatoes

Homemade Marble Sponge and  
Custard

### Friday

Fish Dippers or  
Quorn Dippers (v)

Baked Beans or Peas  
Chips or Potatoes

Homemade Blondie with Sliced Banana  
and Hot Chocolate Sauce

## Week 2

**Week commencing**  
2nd May, 23rd May,  
13th June

### Monday

Welsh Pork Sausage / Sausage Pattie or  
Vegetable Sausage (v)

Yorkshire Pudding, Carrots and Peas  
Diced Potatoes or Mashed Potatoes and  
Gravy

Homemade Chocolate Cookie  
and Raisins

### Tuesday

Homemade Beef or  
Vegetarian Bolognese (v)

Broccoli and Mixed Vegetables  
Spaghetti and Garlic Bread

Crunchy Flapjack and Fruit  
Wedges

### Wednesday

Roast Pork or Vegetarian Roast (v)

Carrots and Green Beans, Selection of  
Potatoes, Gravy

Llaeth Y Llan Yogurt and Fruit

### Thursday

Chicken or Quorn Quesadilla (v)

Grated Carrot and Diced Cucumber  
Mixed Savoury Rice

Homemade Lemon / Jam Bun  
and Fruit Juice

### Friday

Seaside Salmon or  
Quorn Burger (v)

Baked Beans or Peas  
Chips or Potatoes

Homemade Lemon / Jam Bun and  
Fruit Juice

## Week 3

**Week commencing**  
9th May, 20th June

### Monday

Homemade Ham and Sweetcorn or Cheese  
and Tomato Pizza

Baked Beans or Mixed Vegetables  
Jacket Wedges

Homemade Winter Sponge and  
Custard

### Tuesday

Homemade Chicken or  
Quorn Korma (v)

Peas  
Mixed Rice and Naan Bread

Homemade Chocolate Brownie  
and Ice Cream

### Wednesday

Roast Beef or  
Vegetarian Roast (v)

Yorkshire Pudding, Carrots and Broccoli  
Selection of Potatoes, Gravy

Welsh Cake and Sliced Apple

### Thursday

Pork and Carrot Meatballs or  
Vegetable Meatballs (v)

Homemade Tomato Sauce,  
Sweetcorn and Mixed Salad, Pasta,  
Garlic Bread

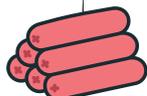
Homemade Oat Biscuit and Milk

### Friday

Fish Finger or Cheese and Tomato  
Hot Wrap (v)

Baked Beans or Green Beans  
Chips or Potatoes

Homemade Vanilla Muffin  
and Fruit Wedges



We offer fresh fruit as an alternative to our daily dessert option. We also provide jugs of drinking water in our dining halls to promote good hydration with pupils. Food allergies - please contact your school cook for information regarding the content of our recipes and products on our menu. Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause.