



Our school kitchen Menu

October 2023 - April 2024



	Monday	Tuesday	Wednesday	Thursday	Friday		
WEEK 1	Jumbo Fish Finger *OR* Baked Veggie Nuggets Served with creamed mashed potato & baked beans ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit PASTA POTS	Welsh Beef Bolognaise *OR* Veggie Pasta Bolognaise Served with pasta in tomato sauce, peas & garlic bread ● ● ● Fresh Baked Bread Fruit Sponge & Custard & Fresh Fruit JACKET POTATO	Roast Chicken Dinner of the Day *OR* Veggie Roast Dinner of the Day Served with roast potato, carrots, broccoli & Yorkshire pudding ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit SANDWICHES	Chicken Curry & Naan Bread *OR* Vegetable Jalfrezi Served with rice, peas & naan bread ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit JACKET POTATO	Beef Burger or Vegan Burger in a Bun *OR* Salmon Fillet Served with chips & veg sticks ● ● ● Fresh Baked Bread Cocoa Cookie & Fresh Fruit PASTA POTS		
WEEK 2	Sticky BBQ Baked Sausage *OR* Sticky BBQ Baked Vegan Sausage Served with creamed mashed potato & baked beans ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit PASTA POTS	Tuscan Chicken & Pasta Served with pasta, sweetcorn & garlic bread *OR* Cream of Tomato Soup & Roll ● ● ● Fresh Baked Bread Marble Sponge & Custard & Fresh Fruit SANDWICHES	Roast Turkey Dinner of the Day *OR* Veggie Roast Dinner of the Day Served with roast potatoes, carrots, green beans & Yorkshire pudding ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit PASTA POTS	Baked Fish Fillet Served with creamed mashed potato & baked beans *OR* Chilli Non Carne Vegetarian mince chilli served with rice & peas ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit PASTA POTS	Chicken Nuggets Served with chips & veg sticks *OR* Vegetable Tortilla Stack Served with chips & veg sticks ● ● ● Fresh Baked Bread Shortbread Biscuit & Fresh Fruit JACKET POTATO		
WEEK 3	Big Breakfast Bacon, free range omelet & baked beans *OR* Veggie Big Breakfast Vegan sausage, free range omelet & baked beans ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit PASTA POTS	Meatballs & Pasta *OR* Veggie Meatballs & Pasta Vegetarian meatballs in a tomato sauce, peas & garlic bread ● ● ● Fresh Baked Bread Cocoa Sponge & Custard & Fresh Fruit JACKET POTATO	Roast Chicken Dinner of the Day *OR* Veggie Roast Dinner of the Day Served with mashed potatoes & garden peas, carrots & Yorkshire pudding ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit SANDWICHES	Ham & Cheese Calzone Pocket *OR* Cheese & Tomato Calzone Pocket Served with baked wedges & peas ● ● ● Fresh Baked Bread Llaeth Y Llan Yoghurt Bar & Fresh Fruit JACKET POTATO	Chicken Burger in a Bun *OR* Baked Cod Goujons Served with chips & veg sticks ● ● ● Fresh Baked Bread Cocoa Krispie Cake & Fresh Fruit PASTA POT		
	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.		APPROVED 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:	Suitable for Vegetarians	Vegan Option Available	Additional Daily Option	PLEASE NOTE:		***OUR MENUS COULD BE SUBJECT TO CHANGE DUE TO NATIONWIDE SUPPLY ISSUES.***	