

# Primary School Menu



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



Denotes suitable for Vegetarians



Denotes suitable for Vegans



Arlwyo a Glanhau  
**NEWYDD**  
Catering & Cleaning

Please Note: 2<sup>nd</sup> Thurs / 3<sup>rd</sup> Friday Sept will Be Week 1  
Monday 6th Sept start Week 1 again commencing 3 week Rota

WEEK 1

## MONDAY

### Breaded Fish Stars

Served with oven baked diced potatoes & garden peas.  
\*Or\*

### Quorn Bites

Served with oven baked diced potatoes & garden peas.

pudding: Lemon Muffin or Fresh Fruit

## TUESDAY

Tomato & Herb Pasta with Garlic Bread

\*Or\*

Jacket Potato Choice of Cheese or Beans

pudding: Raspberry Sponge & Custard or Fresh Fruit

## WEDNESDAY

### Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.  
\*Or\*

### Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Cooks Fruit Cake or Fresh Fruit

## THURSDAY

### Chicken Curry & Naan Bread

Served with vegetable rice.  
\*Or\*

### Vegetable Curry & Naan Bread

Served with vegetable rice.

pudding: Fresh Fruit and Yoghurt

## FRIDAY

### Beef Burger in a Bun

Served with chips & veg sticks.  
\*Or\*

### Vegan Burger in a Bun

Served with chips & veg sticks.

pudding: Chocolate Sponge with Chocolate Sauce or Fresh Fruit

WEEK 2

## MONDAY

### Oven Baked Sausage

Served with mash potato, carrots, peas & gravy.  
\*Or\*

### Veggie Sausage

Served with mash potato, carrots, peas & gravy.

pudding: Raspberry Crumble & Custard or Fresh Fruit

## TUESDAY

Quorn Curry & Rice

\*Or\*

Jacket Potato Choice of Cheese or Beans

pudding: Chocolate Muffin or Fresh Fruit

## WEDNESDAY

### Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.  
\*Or\*

### Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Fruit Flapjack or Fresh Fruit

## THURSDAY

### Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.  
\*Or\*

### Vegan Meatballs in Tomato Sauce

Served with wholemeal pasta & garlic bread.

pudding: Fresh Fruit and Yoghurt

## FRIDAY

### Chicken Burger in a Bun

Served with skin on wedges & coleslaw.  
\*Or\*

### Vegan Burger in a Bun

Served with skin on wedges & coleslaw.

pudding: Baked Biscuit or Fresh Fruit

WEEK 3

## MONDAY

### Oven Baked Fish Fillet

Served with chips & veg sticks.  
\*Or\*

### Oven Baked Vegan Sticks

Served with chips & veg sticks.

pudding: Blueberry Muffin or Fresh Fruit

## TUESDAY

Quorn Nuggets, Herby Diced Potato & Beans

\*Or\*

Jacket Potato Choice of Cheese or Beans

pudding: Fruit Jelly or Fresh Fruit

## WEDNESDAY

### Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.  
\*Or\*

### Veggie Roast Dinner of the Day

Served with roast potatoes & two seasonal veg.

pudding: Shortbread Biscuit or Fresh Fruit

## THURSDAY

### Cheesy Wholemeal Pasta Bake with Tuna

Served with garlic bread & veg sticks.  
\*Or\*

### Cheesy Wholemeal Pasta Bake

Served with garlic bread & veg sticks.

pudding: Lemon Sponge or Fresh Fruit

## FRIDAY

### Chicken Pizza

Served with chips & veg sticks.  
\*Or\*

### Veggie Pizza

Served with chips & veg sticks.

pudding: Chocolate Brownie or Fresh Fruit



## DAILY OPTIONS

### Sandwiches

Choose from the following fillings:

- Ham
- Cheese
- Tuna Mayo

Served with daily pudding and drink with 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.

### 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.



\*Necessary risk assessment will need to be conducted\*