

Carmarthenshire Autumn Term Menu 2020

(Effective from Monday 14th September to Friday 23rd October)



Week 1

Week commencing

14th September

5th October

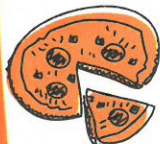
Monday

Homemade Cheese and Tomato Pizza (v)

Coleslaw and Sliced Cucumber

Jacket Wedges or Jacket Potato

Llaeth Y Llan Yogurt



Tuesday

Welsh Sausage or Vegetable Sausage (v)

Baked Beans or Peas
Bread and Mashed Potatoes

Homemade Chocolate Muffin and Milk

Wednesday

Roast Pork/Turkey or Quorn Baguette (v)
with Stuffing



Carrots and Green Beans
Mini Roast Potatoes

Homemade Oat Biscuit, Raisins and Juice

Thursday

Chicken or Quorn Tikka Wrap/Panini (v)

Mixed Salad and Sweetcorn
Jacket Wedges

Homemade Jaffa Sponge Tray Bake and
Milk



Friday

Salmon Fish Finger or Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Chocolate Brownie,
Fruit Wedges and Juice



Week 2

Week commencing

21st September

12th October

Monday

Tandoori Chicken Bites or Vegetable Bites
(v) in a Wrap with Lemon Mayonnaise

Baked Beans or Peas
Jacket Wedges



Homemade Lemon Muffin and Milk

Tuesday

Homemade Beef or Cheese and
Tomato Pasta Bake (v)

Peas and Garlic Bread

Homemade Banana
Tray Bake and Milk

Wednesday

Roast Chicken or Quorn Fillet (v) in a Bread
Roll with Stuffing



Peas and Carrots
Mini Roast Potatoes

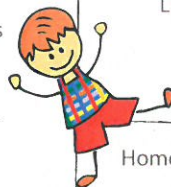
Homemade Chocolate
Cookie and Juice, Portions Raisins

Thursday

Homemade Loaded Pizza (v)

Peas and Sweetcorn,
Herby Diced Potatoes

Llaeth Y Llan Yogurt and Fruit



Friday

Fish Goujons or Vegetable Sausage (v)
with Salsa Dip

Mixed Vegetables or Baked
Beans
Chips or Potatoes

Homemade Marble Muffin and Milk



Week 3

Week commencing

28th September

19th October

Monday

Chicken Grill or Breaded Vegetable Burger (v)

Baked Beans or Sweetcorn
Diced Potatoes

Homemade Oat and
Raisin Cookie
with Milk



Tuesday

Homemade Cheesy Pasta Bake (v)

Broccoli and Carrots
Garlic Bread



Homemade Apple Muffin and
Fruit Wedges

Wednesday

Roast Turkey/Beef or Quorn (v) Baguette
with Stuffing

Carrots and Green Beans,
Mini Roast Potatoes

Llaeth Y Llan Yogurt and Fruit

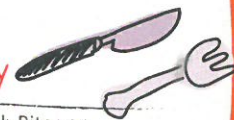


Thursday

Homemade Mild Chilli Beef Tacco or Mild
Vegetarian Chilli Tacco (v)

Mixed Vegetables
Mixed Rice

Homemade Chocolate Muffin and Milk



Friday

Lemon Sole Fish Bites or
Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Flapjack and Juice

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.



Cyngor Sir Gâr
Carmarthenshire
County Council



For further information in relation to school meals visit our website: www.carmarthenshire.gov.wales