

# Carmarthenshire Primary Menu

Effective from w/c 7th November 2022 to 28th April 2023)

## Week 1

### Week commencing

7th November, 28th November,  
19th December, 9th January 2023,  
30th, January, 27th February,  
20th March, 17th April

### Monday

Loaded Pizza or  
Cheese and Tomato Pizza (v)

Baked Beans or Sweetcorn  
Diced Potatoes

Oat Chocolate Biscuit and  
Glass of Milk

### Tuesday

Chicken or Quorn Korma (v)

Peas  
Mixed Rice and Naan Bread

Lemon Feather Cake and  
Fruit Wedges

### Wednesday

Roast Pork or  
Vegetarian Roast(v)

Stuffing, Carrots and Green Beans  
Selection of Potatoes, Gravy

Ice cream and Peaches

### Thursday

Beef or Cheese and  
Tomato Pasta Bake (v)

Broccoli and Garlic Bread

Marble Sponge and Custard

### Friday

Salmon Fish Finger Wrap or  
Vegetable Sausage Wrap (v)

Baked Beans or Peas  
Chips or Potatoes

Blondie and Hot  
Chocolate Sauce

## Week 2

### Week commencing

14th November, 5th December  
16th January 2023, 6th February  
6th March, 27th March, 24th April

### Monday

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

Baked Beans or Peas  
Bread Roll and Diced Potatoes

Apple Muffin and Fruit Wedges

### Tuesday

Mild Chilli Beef or Vegetarian Chilli (v)

Broccoli and Cauliflower  
Mixed Rice and Tortilla Triangles

Chocolate Cookie and  
Glass of Milk

### Wednesday

Roast Turkey or  
Vegetarian Roast (v)

Stuffing, Carrots and Cabbage  
Selection of Potatoes, Gravy

Llaeth Y Llan  
Yoghurt and Fruit

### Thursday

Chicken or Quorn (v)  
Fajita Wrap

Diced Cucumber and Coleslaw  
Diced Potatoes

Jaffa Sponge and  
Chocolate Custard

### Friday

Breaded Fillet Fish Finger or Quorn  
Dippers (v)

Baked Beans or Peas  
Chips or Potatoes

Chocolate Brownie, Sliced Banana  
and Glass of Milk

## Week 3

### Week commencing

21st November,  
12th December, 23rd January 2023,  
13th February, 13th March

### Monday

Ham and Cheese Pizza or Cheese and  
Tomato Pizza (v)

Peas and Sweetcorn  
Diced Potato

Llaeth Y Llan Yoghurt and Fruit

### Tuesday

Breaded Chicken Steaks or  
Quorn Burger(v)

Baked Beans or Mixed Vegetables  
Mashed Potato

Vanilla Muffin and  
Glass of Milk

### Wednesday

Roast Beef or  
Vegetarian Roast (v)

Yorkshire Pudding, Carrots and Broccoli  
Selection of Potatoes, Gravy

Welsh Cake and Fruit Wedges

### Thursday

Chicken or Cheese Pasta Bake (v)

Green Beans and Carrots

Garlic Bread

Chocolate Sponge and White  
Sauce

### Friday

Seaside Salmon Wrap or  
Hot Cheese and Tomato Wrap (v)

Peas or Baked Beans  
Chips or Potatoes

Chocolate Flapjack  
and Fruit 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](http://www.carmarthenshire.gov.wales)