

Carmarthenshire Primary Menu

(Effective from w/c 1st November 2021 to 29th April 2022)

Week 1

Week commencing

01 Nov, 22 Nov, 13 Dec, 03 Jan 2022,
24 Jan, 14 Feb, 28 Feb, 21 Mar, 25 Apr

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

08 Nov, 29 Nov, 20 Dec, 10 Jan 2022,
31 Jan, 7 Mar, 28 Mar

Monday

Welsh Pork Sausage or Vegetarian 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 Baguette or
Vegetarian Roast Baguette (v)

Carrots and Green Beans, Selection of
Potatoes, Gravy

Llaeth Y Llan Yogurt and Fruit

Thursday

Chicken or Quorn (v)
Quesadilla Boats

Grated Carrot and Diced Cucumber
Mixed Savoury Rice

Homemade Jaffa Sponge
and White Sauce

Friday

Seaside Salmon or
Quorn Burger (v)

Baked Beans or Peas
Chips or Potatoes

Homemade Lemon Bun
and Fruit Juice

Week 3

Week commencing

15 Nov, 06 Dec, 17 Jan 2022,
07 Feb, 14 Mar, 04 Apr

Monday

Ham and Sweetcorn or Cheese and Tomato
French Bread Pizza (v)

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 Meat Ball Sub
or Vegetarian Balls Sub (v)

Homemade Tomato Sauce
Sweetcorn and Mixed Salad, Pasta

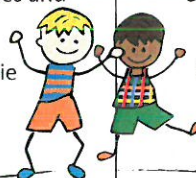
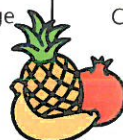
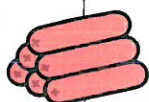
Homemade Oat Biscuit
and Milk

Friday

Salmon Fish Finger or
Cheese and Tomato Hot Wrap (v)

Baked Beans or Green Beans
Chips or Potatoes

Homemade Vanilla Muffin
and Fruit Wedges



NEW!

NEW!

NEW!

NEW!

FD00025

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