



# Primary Menu November 2023 - April 2024

## Week One

13th Nov, 4th Dec, 8th Jan, 29th Jan, 26th Feb, 18th March

## Week Two

20th Nov, 11th Dec, 15th Jan, 5th Feb, 4th March

## Week Three

6th Nov, 27th Nov, 18th Dec, 22nd Jan, 19th Feb, 11th March

		Week One	Week Two	Week Three
Monday	Option 1	Battered Chicken Burger <b>Cereal/Gluten</b> in a Bap <b>Cereal/Gluten, Sesame</b>	Ham Pizza <b>Cereal/Gluten, Milk</b>	Meatballs <b>Sulphur Dioxide</b> in a Tomato & Basil Sauce
	Option 2	Vegan Country Bake <b>Cereal/Gluten, Soya</b> in a Bap <b>Cereal/Gluten, Sesame</b>	Cheesy Pizza <b>Cereal/Gluten, Milk</b>	Vegan Balls <b>Cereal/Gluten, soya, Barley</b> in a Tomato & Basil Sauce
	Served with	Potato Wedges Sweetcorn Peas Salad Available Daily	Potato Wedges Sweetcorn Baked Beans Salad Available Daily	Pasta Twists <b>Cereal/Gluten</b> & Garlic Bread <b>Cereal/Gluten, Sesame</b> Sweetcorn Peas Salad Available Daily
Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	
Dessert	Chocolate & Orange Sponge <b>Cereal/Gluten, Milk, Egg, Soya</b> Chocolate Sauce <b>Milk</b> Fresh Fruit Available Daily	Apple Crumble <b>Cereal/Gluten, Soya</b> Custard <b>Milk</b> Fresh Fruit Available Daily	Lemon Sponge <b>Cereal/Gluten, Milk, Egg, Soya, Sulphur Dioxide</b> Custard <b>Milk</b> Fresh Fruit Available Daily	
Tuesday	Option 1	Oven Baked Sausage <b>Cereal/Gluten, Soya, Sulphur Dioxide</b>	Roast Beef & Yorkshire Pudding <b>Cereal/Gluten, Milk, Egg</b>	Roast Turkey & Sage & Onion Stuffing <b>Cereal/Gluten</b>
	Option 2	Vegan Sausage <b>Cereal/Gluten</b>	Vegan Sausage <b>Cereal/Gluten</b>	Vegan Country Bake <b>Cereal/Gluten, Soya</b>
	Served with	Mashed Potatoes Baked Beans Sweetcorn Salad Available Daily	Mashed Potatoes & Gravy Carrots Broccoli Salad Available Daily	Mashed Potatoes & Gravy Carrots Green Beans Salad Available Daily
Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	
Dessert	Llaeth Y Llan Yoghurt <b>Milk</b> Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt <b>Milk</b> Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt <b>Milk</b> Apple Dippers Fresh Fruit Available Daily	
Wednesday	Option 1	Beef Bolognaise	Chicken Korma <b>Milk</b>	Fish Square <b>Cereal/Gluten, Mustard &amp; Fish</b>
	Option 2	Vegetable Bolognaise <b>Soya</b>	Vegetable Korma <b>Milk</b>	Vegetable Nuggets <b>Cereal/Gluten</b>
	Served with	Pasta Twists <b>Cereal/Gluten</b> & Garlic Bread <b>Cereal/Gluten, Sesame</b> Mixed Vegetables Broccoli Salad Available Daily	Boiled Rice & Naan Bread <b>Cereal/Gluten</b> Sweetcorn Peas Salad Available Daily	Hash Browns Baked Beans Peas Salad Available Daily
Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	
Dessert	Plain Cookie <b>Cereal/Gluten, Milk, Eggs, Soya</b> Orange Or Apple Juice Carton Fresh Fruit Available Daily	Chocolate Cookie <b>Cereal/Gluten, Milk, Eggs, Soya</b> Orange Or Apple Juice Carton Fresh Fruit Available Daily	Shortbread Biscuit <b>Cereal/Gluten, Soya</b> Orange Or Apple Juice Carton Fresh Fruit Available Daily	
Thursday	Option 1	Roast turkey & Sage & Onion Stuffing <b>Cereal/Gluten</b>	Roast Pork & Apple Sauce	Roast Chicken & Sage & Onion Stuffing <b>Cereal/Gluten</b>
	Option 2	Vegan Sausage <b>Cereal/Gluten</b>	Broccoli & Cauliflower Cheese Bake <b>Milk</b>	Cheese & Potato Pie <b>Milk</b>
	Served with	Mashed Potatoes & Gravy Carrots Green Beans Salad Available Daily	Mashed Potatoes & Gravy Carrots Broccoli Salad Available Daily	Mashed Potatoes & Gravy Carrots Green Cabbage Salad Available Daily
Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	
Dessert	Llaeth Y Llan Yoghurt <b>Milk</b> Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt <b>Milk</b> Peaches Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt <b>Milk</b> Apple Dippers Fresh Fruit Available Daily	
Friday	Option 1	Fish Fingers <b>Cereal/Gluten, Fish</b> or Salmon Fish Finger (Gluten Free) <b>Fish</b>	Fish Fingers <b>Cereal/Gluten, Fish</b> or Salmon Fish Finger (Gluten Free) <b>Fish</b>	Fish Fingers <b>Cereal/Gluten, Fish</b> or Salmon Fish Finger (Gluten Free) <b>Fish</b>
	Option 2	Vegetable Nuggets <b>Cereal/Gluten</b>	Vegan Country Bake <b>Cereal/Gluten, Soya</b>	Vegetable Nuggets <b>Cereal/Gluten</b>
	Served with	Chips or Pasta <b>Cereal/Gluten</b> Peas Baked Beans Salad Available Daily	Chips or Pasta <b>Cereal/Gluten</b> Peas Baked Beans Salad Available Daily	Chips or Pasta <b>Cereal/Gluten</b> Peas Baked Beans Salad Available Daily
Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	
Dessert	Chocolate Haystack <b>Cereal/Gluten, Milk</b> Orange Or Apple Juice Carton Fresh Fruit Available Daily	Flapjack <b>Cereal/Gluten</b> & Sultanas Orange Or Apple Juice Carton Fresh Fruit Available Daily	Carrot Cake Muffin <b>Cereal/Gluten, Milk, Eggs, Soya</b> Orange Or Apple Juice Carton Fresh Fruit Available Daily	

Bread & Water Available Daily