



Carmarthenshire Primary Summer Menu 2016

We hope pupils will enjoy our new summer menu which will be implemented in all Carmarthenshire Primary Schools as from week commencing 2nd May 2016.

We require payment in advance and to allow for convenience payment can be made on a weekly, fortnightly or termly basis either by cheque (payable to Carmarthenshire County Council) or by cash. We encourage pupils who haven't tried a school meal to 'Give our School Meals a Try'; we also invite feedback or suggestions in relation to our menus and the service we provide. Contact us as follows:

Email: schoolmeals@carmarthenshire.gov.uk

Telephone: 01267 246537

For further information in relation to our service or to find out if you qualify for free school meals, visit our website www.carmarthenshire.gov.uk

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.



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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing 2nd May, 23rd May, 6th June, 27th June, 18th July, 29th August, 19th September, 10th October	Main	Oven Baked Sausage or Vegetarian Sausage (v) in a Roll	Homemade Beef Bolognese or Vegetable Bolognese (v)	Roast Turkey and Stuffing or Vegetarian Roast (v) and Gravy	Homemade Cheese and Tomato Pizza (v)	Baked Salmon Fish Finger or Alaskan salmon Bake or Vegetable and Cheese Country Bake (v)
	Veg	Sweetcorn or Baked Beans	Peas	Carrots and Broccoli	Cucumber and Carrot Batons	Baked Beans or Peas
	Carb	Jacket Wedges	Spaghetti, Garlic Bread	Mashed and Roast Potatoes	Homemade Herby Potatoes	Chips or Boiled potatoes
	Dessert	Homemade Chocolate Cookie and Portion of Raisins or Fresh Fruit	Jelly and Ice Cream Fruit Sundae or Fresh Fruit	Llaeth y Llan Yogurt or Fresh Fruit	Homemade Jaffa Sponge and Chocolate Custard or Fresh Fruit	Homemade Apple Muffin or Fresh Fruit
	Drink	Milk	Water	Fruit Juice	Water	Milk
Week 2 Commencing 9th May, 13th June, 4th July, 5th September, 26th September, 17th October	Main	Homemade Tomato and Basil Pasta Bake (v)	Homemade Chicken Korma or Quorn Korma (v)	Roast Pork and Apple Sauce or Roast Turkey and Stuffing or Vegetarian Roast (v) and Gravy	Meatball Sub Sandwich or Vegetarian Sub Sandwich (v)	Chip Shop style Fillet of Fish or Vegetable Bake (v)
	Veg	Peas & Sweetcorn	Broccoli	Carrots and Cabbage	Mixed Salad	Baked Beans or Peas
	Carb	Garlic Bread	Mixed Rice, Naan Bread	Mashed and Roast Potatoes	Jacket wedges	Chips or Boiled potatoes
	Dessert	Peaches with Ice Cream or Fresh Fruit	Homemade Chocolate Cornflake Cake and Portion of Raisins or Fresh Fruit	Mandarins and Jelly or Fresh Fruit	Homemade Lemon Drizzle cake and Custard or Fresh Fruit	Homemade Jam Scone or Fresh Fruit
	Drink	Water	Milk	Water	Water	Milk
Week 3 Commencing 16th May, 20th June, 11th July, 12th September, 3rd October	Main	Breaded Chicken Burger in a Roll or Breaded Vegetable Burger(v) In a Roll	Homemade Beef Pasticcio or Homemade Tomato and Pasta Bake (v)	Roast Beef and Yorkshire Pudding or Vegetarian Roast (v) and Gravy	Tikka Wrap or Quorn Tikka Wrap (v)	Battered Salmon Fish Finger or Vegetable Grill (v)
	Veg	Baked Beans or Peas	Broccoli	Carrots and Green Beans	Carrot and Cucumber	Baked Beans
	Carb	Mashed Potatoes	Garlic Bread	Mashed and Roast Potatoes	Mixed Rice or Garlic Potatoes	Chips or Boiled Potatoes
	Dessert	Homemade Oat Biscuit and Portion of Raisins or Fresh Fruit	Homemade Chocolate Muffin or Fresh Fruit	Vanilla and Raspberry Arctic Roll or Fresh Fruit	Homemade Chocolate Brownie and Ice Cream or Fresh fruit	Homemade Jam Bun and Apple Wedges or Fresh Fruit
	Drink	Fruit Juice	Milk	Water	Water	Milk