



# PRIMARY MENU

Dear Parents/Guardians

Welcome to our menu which we hope all our customers will enjoy over the coming months. All dates can be seen at the bottom of each week of the menu and at a quick glance on the right hand side of this page. I hope you have found using ParentPay/PayPoint for online payments of dinner money useful in your School (participating Schools only). Staff have received an updated list of allergen information to accompany this 4 week menu. Please do not hesitate to contact us if your child has a specialist dietary need as we aim to provide for every pupil wishing to take a healthy balanced school meal. We will provide a carbohydrate count of the menu for our diabetic diners.

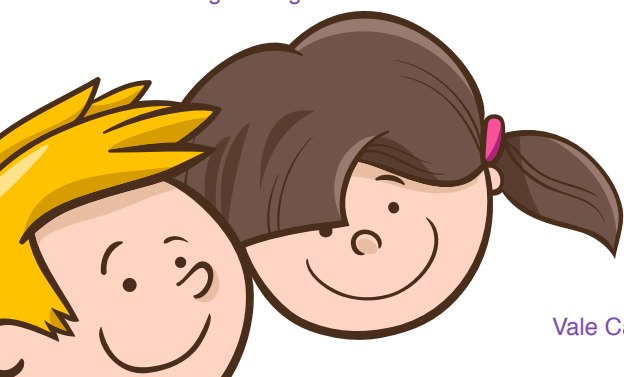
Our menus continue to follow the Welsh Government's Food and Nutritional Standards set out in the Healthy Eating (Wales) Regulations 2013.

Go to [www.food.gov.uk/ratings](http://www.food.gov.uk/ratings) to find out the food hygiene rating of our schools or ask them to tell you their rating at school.

Yours sincerely

*Carole Tyley*

Carole Tyley  
Catering Manager



## Week 1

### Week commencing

[16.4.18] [14.5.18] [18.6.18] [16.7.18]  
[24.9.18] [22.10.18]

## Week 2

### Week commencing

[23.4.18] [21.5.18] [25.6.18] [3.9.18]  
[1.10.18]

## Week 3

### Week commencing

[30.4.18] [4.6.18] [2.7.18] [10.9.18]  
[8.10.18]

## Week 4

### Week commencing

[7.5.18] [11.6.18] [9.7.18] [17.9.18]  
[15.10.18]

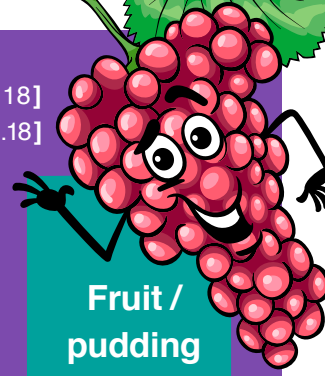
Sub Rolls and Jacket Potatoes are served as an alternative to the main meal; please check your school for details.



# Week 1

Week commencing

[16.4.18] [14.5.18] [18.6.18]  
[16.7.18] [24.9.18] [22.10.18]



Main dish

Vegetarian choice  
(on request)

Sides

Baked potato, salad & sub bar

Fruit / pudding

Monday

Chicken Tikka Masala

Quorn Tikka Masala

Rice, Naan Bread & Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Cheese & Crackers

Tuesday

Reduced Fat Sausages in Gravy

Vegetarian Sausages in Gravy

Yorkshire Pudding, Mashed Potato, Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Yoghurt & Fruit Slices

Wednesday

Homemade Pasta Bolognese

Homemade Vegetable Pasta Bolognese

Garlic Bread Slice & Seasonal Salad

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce

Thursday

Roast Pork in Gravy

Quorn Fillet in Gravy

Yorkshire Pudding, Boiled & Roast Potatoes, Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Ice Cream & Fruit Slices

Friday

Baked Salmon Crunchies & Birds Eye Fish Fingers

Crispy Vegetable Nuggets

Chipped Potatoes Baked Beans & Seasonal Salad

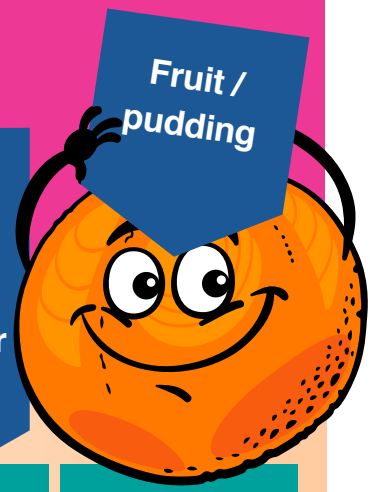
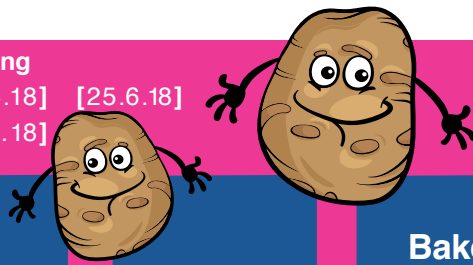
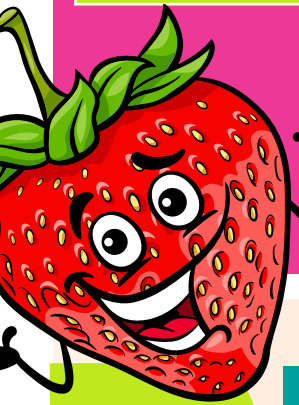
Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or American Pancake & Golden Syrup with Fruit Slices



# Week 2

Week commencing  
 [23.4.18] [21.5.18] [25.6.18]  
 [3.9.18] [1.10.18]



## Main dish

## Vegetarian choice (on request)

## Sides

## Baked potato, salad & sub bar

### Monday

Pork Meatballs  
in Gravy

Vegetarian  
Meatballs  
in Gravy

Pasta, Broccoli  
& Cauliflower  
Cheese

Crisp Baked  
Potatoes with a  
topping of your  
choice or a selection  
of filled Sub Rolls  
all served with  
vegetables or salad  
from the Salad Bar

Fresh Fruit  
or  
Chocolate  
Crispy Cake  
& Fruit Slices

### Tuesday

BBQ chicken  
Breast Fillet

Quorn Fillet

Savoury Rice,  
Carrots  
& Green  
Beans

Crisp Baked  
Potatoes with a  
topping of your  
choice or a selection  
of filled Sub Rolls  
all served with  
vegetables or salad  
from the Salad Bar

Fresh Fruit  
or  
Homemade  
Muffin &  
Custard Sauce

### Wednesday

Homemade  
Cheese  
Wheel

Homemade  
Cheese  
Wheel

Herby Diced  
Potatoes, &  
Peas

Crisp Baked  
Potatoes with a  
topping of your  
choice or a selection  
of filled Sub Rolls  
all served with  
vegetables or salad  
from the Salad Bar

Fresh Fruit  
or  
Homemade  
Oat Cookie  
& Fruit Slices

### Thursday

Roast Topside  
of Beef in  
Gravy

Quorn Fillet  
in Gravy

Yorkshire  
Pudding,  
Boiled & Roast  
Potatoes,  
Seasonal  
Vegetables

Crisp Baked  
Potatoes with a  
topping of your  
choice or a selection  
of filled Sub Rolls  
all served with  
vegetables or salad  
from the Salad Bar

Fresh Fruit  
or  
Ice Cream  
& Fruit Slices

### Friday

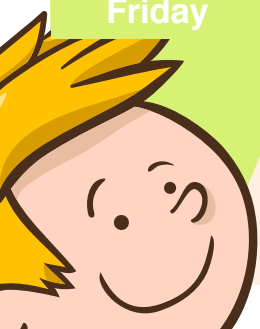
Harry  
Ramsden's  
Battered Fish

Glamorgan  
Sausage

Mashed  
Potato,  
Spaghetti  
Hoops  
& Seasonal  
Salad

Crisp Baked  
Potatoes with a  
topping of your  
choice or a selection  
of filled Sub Rolls  
all served with  
vegetables or salad  
from the Salad Bar

Fresh Fruit  
or  
Homemade  
Flapjack  
& Fruit Slices



# Week 3

Week commencing

[30.4.18] [4.6.18] [2.7.18]

[10.9.18] [8.10.18]

Main dish

Vegetarian choice

(on request)

Sides

Baked potato, salad & sub bar

Fruit / pudding

Monday

Chicken Korma

Quorn in Korma Sauce

Rice, Naan Bread & Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or American Pancake with Golden Syrup & Fruit Slices

Tuesday

All Day Breakfast including, Sausages, Bacon & Egg

Vegetarian All Day Breakfast

Tomatoes & Herby Diced Potatoes

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit Medley

Wednesday

Homemade Pasta Bolognese

Homemade Vegetable Pasta Bolognese

Garlic Bread Slice & Seasonal Salad

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Vanilla Sponge & Custard Sauce

Thursday

Roast Turkey in Gravy

Quorn Fillet in Gravy

Yorkshire Pudding, Boiled & Roast Potatoes, Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Ice Cream & Fruit Slices

Friday

Baked Salmon Crunchies & Birds Eye Fish Fingers

Vegetable Nuggets

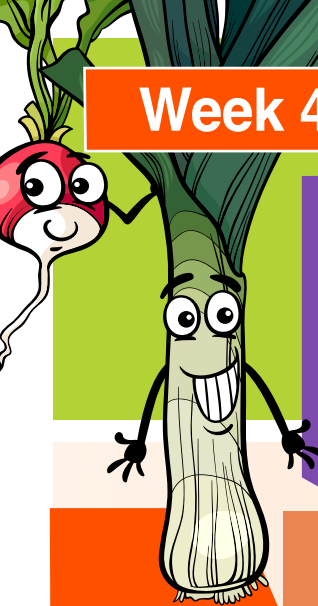
Potato Smiles or Chipped Potatoes, Baked Beans or Peas

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Chocolate Cake

# Week 4

Week commencing  
[ 7.5.18 ] [ 11.6.18 ] [ 9.7.18 ]  
[ 17.9.18 ] [ 15.10.18 ]



## Main dish

## Vegetarian choice (on request)

## Sides

## Baked potato, salad & sub bar

## Fruit / pudding

### Monday

Pork Meatballs in Gravy

Vegetarian Meatballs in Gravy

Pasta & Broccoli

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Chocolate Crispy Cake & Fruit Slices

### Tuesday

Roast Gammon

Glamorgan Sausage

Mashed Potato, Peas or Carrots

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Shortbread Fingers with Custard & Fruit Slices

### Wednesday

Wholemeal Cheese & Tomato Pizza

Wholemeal Cheese & Tomato Pizza

Herby Diced Potatoes, & Seasonal Salad

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Jam Roly Poly with Custard

### Thursday

Roast Topside of Beef in Gravy

Quorn Fillet in Gravy

Yorkshire Pudding, Boiled & Roast Potatoes, Seasonal Vegetables

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Ice Cream & Fruit Slices

### Friday

Harry Ramsden's Battered Fish

Vegetarian Sausage

Herby Diced Potatoes, Peas or Green Beans

Crisp Baked Potatoes with a topping of your choice or a selection of filled Sub Rolls all served with vegetables or salad from the Salad Bar

Fresh Fruit or Homemade Flapjack & Fruit Slices with Honey

