

Carmarthenshire Primary School Summer Menu 2017

Our summer inspired healthy menu will be implemented in all primary schools as from Tuesday 2nd May

What's New?

We know that Global Citizenship is an important part of the school curriculum so we hope pupils will enjoy our homemade dishes inspired from other parts of the world.

Award Winning Dishes

In March of this year, Mr Balfour our school cook from Ysgol Bro Brynach reached the final of a national School Chef of the Year Competition. We are extremely proud of Mr Balfour's efforts and have showcased his award winning dishes on our menu.

Interesting fact:

Our homemade chocolate desserts don't contain chocolate, they contain cocoa. Cocoa is a healthy alternative to chocolate which is high in iron

We encourage parents and pupils to contact us to provide feedback and offer suggestions in relation to our menus.

Email us at

schoolmeals@carmarthenshire.gov.uk or
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

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing 1st May 22nd May 5th June 26th June 17th July 4th September 25th September 16th October	Main	Homemade Tomato & Basil Pasta Bake (v)	Mr Balfour's Homemade Moroccan Chicken or Moroccan Quorn (v)	Roast Turkey or Vegetarian Roast (v)	Oven Baked Sausage or Vegetable Sausage in a Roll (v)	Salmon Fish Finger or Vegetable Grill (v)
	Veg	Broccoli	Green Beans	Carrots and Peas	Mixed Salad	Beans or Peas
	Carb	Garlic Bread	Mixed Rice	Selection of Potatoes Stuffing and Gravy	Diced Potato / Potato Wedges	Chips or Potatoes
	Dessert	Arctic Roll	Homemade Chocolate Cookie with Raisins	Frozen Yogurt with Mixed Summer Berries	Homemade Fruit Crumble and Custard or Fruit Sponge and Custard	Welsh Cake
	Drink	Water	Fruit Juice	Water	Water	Milk
Week 2 Commencing 8th May 12th June 3rd July 11th September 2nd October 23rd October	Main	Homemade Pizza or Pizza Panini (v)	Homemade Beef or Vegetarian Bolognese with Spaghetti (v)	Roast Pork with Apple Sauce or Roast Turkey with Stuffing or Vegetarian Roast (v)	Chicken Fajita or Quorn Fajita (v)	Mini Fish Bites or Breaded Vegetable Burger (v)
	Veg	Baked Beans or Peas	Mixed Veg	Carrots and Cabbage	Mixed Salad	Baked Beans or Peas
	Carb	Diced Potato / Potato Wedges	Garlic Bread	Selection of potatoes Gravy	Spanish Rice / Herby potatoes	Chips or Potatoes
	Dessert	Yoghurt Fruit Sundae	Mr Balfour's Homemade Healthy Raspberry Cheesecake	Fruit & Jelly	Homemade Brownie & Ice cream	Homemade Coconut Muffin with Raisins
	Drink	Water	Fruit Juice	Water	Water	Milk
Week 3 15th May 19th June 10th July 18th September 9th October	Main	Chicken Burger or Vegetable Grill (v)	Homemade Chicken Korma or Quorn Korma (v)	Roast Beef or Vegetarian Roast with Yorkshire Pudding (v)	Gammon or Cheese and Potato Pie (v)	Salt and Vinegar Fish or Glamorgan Sausage (v)
	Veg	Sweetcorn or Baked Beans	Peas	Carrots & Broccoli	Mixed Salad	Baked Beans or Peas
	Carb	Diced Potato / Potato Wedges	Mixed Rice and Naan Bread	Selection of potatoes Gravy	Bread Roll Boiled Potatoes	Chips or Potatoes
	Dessert	Raspberry Mousse	Homemade Chocolate Muffin	Fruit Salad and Ice Cream	Homemade Fairtrade Banana Crumbly Square with Custard	Llaeth Y Llan Yogurt with Fruit Compote
	Drink	Water	Milk	Water	Water	Fruit Juice

As alternative to our puddings, we will offer Fresh Fruit as a dessert on a daily basis

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