



# Carmarthenshire Summer Menu 2019

(Effective from week commencing 3rd June 2019)



## Week 1

### Week commencing

3rd June, 24th June, 15th July,  
2nd Sept, 23rd Sept, 14th Oct

### Monday

Homemade Cheese & Tomato  
Pizza (v)

Baked Beans or Peas  
Potato Wedges

Raspberry Ripple  
Ice Cream Roll



### Tuesday

**NEW** Tandoori Chicken Wrap or Quorn  
Fajita Wrap (v)

Selection of Salads and Mixed Rice

Homemade Marble Sponge  
and Custard

### Wednesday

Roast Turkey Baguette or Quorn Baguette (v)

Stuffing, Carrots and Green Beans,  
Selection of Potatoes and Gravy

Homemade Chocolate Cornflake Crispy  
and Fruit Juice

### Thursday

Homemade Beef Bolognese or Vegetarian  
Bolognese (v)

Spaghetti, Mixed Vegetables and  
Garlic Bread

Homemade Flapjack and Milk

### Friday

Fish Finger or  
Vegetarian Burger (v)

Peas or Baked Beans,  
Chips or Potatoes

Homemade Jam Bun  
and Fruit Wedges



## Week 2

### Week commencing

10th June, 1st July, 22nd July, 9th Sept,  
30th Sept, 21st Oct

### Monday

Welsh Sausage or Vegetable Sausage in a  
Bread Roll (v)

Peas and Sweetcorn or  
Selection of Salads  
Potato Wedges

Homemade Chocolate  
Cookie and Milk



### Tuesday

Roasted Gammon or  
Omelette (v)  
Baked Beans or  
Cabbage & Leek Medley,  
Herby Potatoes or Mashed Potatoes

Homemade Fruit Sponge  
and Custard

### Wednesday

Roast Beef or Vegetarian Roast (v)

Yorkshire Pudding,  
Carrots, Peas,  
Selection of Potatoes  
and Gravy

Fruit and Jelly



### Thursday

Homemade Chicken Pasta Bake or 'Mac &  
Cheese' (v)

Garlic Bread  
Mixed Vegetables or Salad Selection

**NEW** Homemade Chocolate Oat Bar and  
Fruit Juice

### Friday

Fish Finger or  
Vegetable Grill (v)

Baked Beans or Peas  
Chips or Potatoes

Homemade Brownie,  
Ice Cream and Banana Slices



## Week 3

### Week commencing

17th June, 8th July, 16th Sept,  
7th Oct

### Monday

Chicken Grill or Breaded Vegetable Burger (v)

Baked Beans or Selection of Salads  
Diced Potatoes

Homemade Sponge  
and Custard



### Tuesday

Homemade Chicken Curry or Quorn Curry (v)

Peas, Naan Bread  
and Mixed Rice

Homemade Chocolate Muffin  
and Milk



### Wednesday

Roast Pork or Vegetarian Roast (v)

Stuffing, Carrots and Cabbage,  
Selection of Potatoes and Gravy

Llaeth y Llan Yogurt  
and Fruit



### Thursday

Homemade Beef Pasta Bake or Cheese and  
Tomato Pasta Bake (v)

Sliced Green Beans and Garlic Bread

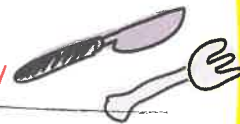
**NEW** Homemade Orange and Lemon  
Shortcake Biscuit and Fruit Wedges

### Friday

**NEW** Fish Goujons Wrap or  
Vegetarian Wrap (v)

Selection of Salads or Baked Beans  
Chips or Potatoes

Traditional Welsh Cake,  
Ice Cream and  
Chocolate Drizzle



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.

