Cyngor Sir Gâr
Carmarthenshire County Council

Carmarthenshire School Catering Service Primary Autumn Menu
Our menu will run from w/c 2nd November to 18th December 2026

Ffres
Gweinir gan Gyngor Sir Caerfyrddin
Served by Carmarthenshire County Council

Week 1: 2nd November / 23rd November / 14th December

	Mon	Tues	Wed	Thurs	Fri
Main	Welsh Pork Sausage	Chicken Korma	Welsh Beef Cottage Pie	Turkey Pasta Bake	Fish Finger Wrap
Vegetarian	Vegetable Sausage	Vegetable Korma	Lentil and Vegetable Cottage Pie	Cheese & Tomato Pasta Bake	Hot Pizza Wrap
Alternative Main Meal	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake
Side Dishes	Omelette, Brunch Fries, Baked Beans and Tomatoes	Mixed Rice, Seasonal Vegetables and Peas	Carrots, Broccoli and Gravy	Garlic Bread, Coleslaw and Peas	Potato Wedges or Mashed Potato, Cucumber and Baked Beans
Dessert	Ice Cream and Peaches	Oat Biscuit and Orange Wedges	Cheese, Crackers and Sliced Apple	Lemon Drizzle Muffin and Fruit Wedges	Chocolate Banana Cake and Sliced Banana

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.

For further information in relation to school meals visit our website: carmarthenshire.gov.wales



SR-98862

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Week 2: 9th November / 30th November

	Mon	Tues	Wed	Thurs	Fri
Main	Welsh Sausage Ragu Pasta Bake	Summer Pizza	Peri Peri Chicken Wrap	Welsh Beef Chilli	Fish Bites
Vegetarian	Mac & Cheese	Summer Pizza	Halloumi Hot Wrap	Vegetarian Chilli	Quorn Nuggets
Alternative Main Meal	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling
Side Dishes	Garlic Bread, Carrots and Broccoli	Chips or Half Jacket Potato, Baked Beans and Peas	Diced Potatoes, Coleslaw and Cucumber Salad, Tomato Salsa	Mixed Rice, Tortilla Triangles, Sweetcorn and Diced Cucumber	Jacket Potato, Peas, Baked Beans
Dessert	Chocolate Brownie and Fruit Coulis	Cheese, Crackers and Sliced Apple	Apple Cake and Custard	Yoghurt and Peaches	Chocolate Flapjack and Fruit Wedges

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Week 3: 16th November / 7th December

	Mon	Tues	Wed	Thurs	Fri
Main	Honey and Soy Chicken	Pork and Carrot Meatball Sub Sandwich	Roast Turkey	Welsh Beef Bolognaise	Breaded Salmon Fillet
Vegetarian	Honey and Soy Quorn	Vege Meatball Sub Sandwich	Vegetable Sausage	Lentil Bolognaise	Haloumi Burger
Alternative Main Meal	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake	Jacket Potato with Choice of Filling	Tomato & Basil Pasta Bake
Side Dishes	Vegetable Noodles or Mixed Rice, Peas and Sweetcorn	Diced Potatoes, Coleslaw and Mixed Salad	Stuffing, Mashed Potato, Carrots, Green Beans and Gravy	Pasta, Garlic Bread, Broccoli and Cauliflower	Chips or Mashed Potato, Baked Beans and Peas
Dessert	Chocolate Cookie, Orange Wedges and Glass of Welsh Milk	Banana Split	Yogurt and Summer Chopped Fruit	Carrot and Apple Muffin & Fruit Wedges	Apple Crumble & Ice Cream

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