

Carmarthenshire Autumn Term Menu 2020

(Effective from Monday 14th September to Friday 23rd October)



Week 1

Week commencing

14th September
5th October

Monday

Homemade Cheese and Tomato Pizza (v)

Coleslaw and Sliced Cucumber

Jacket Wedges or Jacket Potato

Llaeth Y Llan Yogurt



Tuesday

Welsh Sausage or Vegetable Sausage (v)

Baked Beans or Peas
Bread and Mashed Potatoes

Homemade Chocolate Muffin and Milk

Wednesday

Roast Pork/Turkey or Quorn Baguette (v)
with Stuffing

Carrots and Green Beans
Mini Roast Potatoes

Homemade Oat Biscuit, Raisins and Juice

Thursday

Chicken or Quorn Tikka Wrap/Panini (v)

Mixed Salad and Sweetcorn
Jacket Wedges

Homemade Jaffa Sponge Tray Bake and
Milk

Friday

Salmon Fish Finger or Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Chocolate Brownie,
Fruit Wedges and Juice



Week 2

Week commencing

21st September
12th October

Monday

Tandoori Chicken Bites or Vegetable Bites
(v) in a Wrap with Lemon Mayonnaise

Baked Beans or Peas
Jacket Wedges

Homemade Lemon Muffin and Milk



Tuesday

Homemade Beef or Cheese and
Tomato Pasta Bake (v)

Peas and Garlic Bread

Homemade Banana
Tray Bake and Milk

Wednesday

Roast Chicken or Quorn Fillet (v) in a Bread
Roll with Stuffing

Peas and Carrots
Mini Roast Potatoes

Homemade Chocolate
Cookie and Juice, Portions Raisins



Thursday

Homemade Loaded Pizza (v)

Peas and Sweetcorn,
Herby Diced Potatoes

Llaeth Y Llan Yogurt and Fruit

Friday

Fish Goujons or Vegetable Sausage (v)
with Salsa Dip

Mixed Vegetables or Baked
Beans
Chips or Potatoes

Homemade Marble Muffin and Milk



Week 3

Week commencing

28th September
19th October

Monday

Chicken Grill or Breaded Vegetable Burger (v)

Baked Beans or Sweetcorn
Diced Potatoes

Homemade Oat and
Raisin Cookie
with Milk



Tuesday

Homemade Cheesy Pasta Bake (v)

Broccoli and Carrots
Garlic Bread

Homemade Apple Muffin and
Fruit Wedges



Wednesday

Roast Turkey/Beef or Quorn (v) Baguette
with Stuffing

Carrots and Green Beans,
Mini Roast Potatoes

Llaeth Y Llan Yogurt and Fruit



Thursday

Homemade Mild Chilli Beef Tacco or Mild
Vegetarian Chilli Tacco (v)

Mixed Vegetables
Mixed Rice

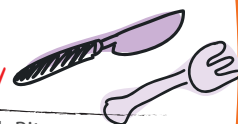
Homemade Chocolate Muffin and Milk

Friday

Lemon Sole Fish Bites or
Vegetable Grill (v)

Peas or Baked Beans
Chips or Potatoes

Homemade Flapjack and Juice



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.

