

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.

