

Carmarthenshire Spring Term Menu 2021

(Effective from Monday 4th January to Friday 28th May)

Week 1 Week commencing 15 March 12 April 3, 24 May	Week 2 Week commencing 22 March 19 April 10 May	Week 3 Week commencing 26 April 17 May
Monday Welsh Sausage or Vegetable Sausage (v) in a Bread Roll Baked Beans or Mixed Vegetables Diced Potatoes Peaches and Ice Cream	Monday Homemade Mild Chilli Beef Taco or Vegetarian Chilli Taco (v) Grated Carrot and Diced Cucumber Mixed Rice Homemade Chocolate Muffins and Milk	Monday Homemade Loaded Pizza or Cheese and Tomato Pizza (v) Sweetcorn and Peas Herby Jacket Wedges Yogurt Fruit Sundae
Tuesday Homemade Chicken or Quorn Curry (v) Mixed Rice and Naan Bread, Peas Homemade Chocolate Flapjack and Milk	Tuesday Chicken and Sweetcorn or Cheese and Tomato Slice (v) Baked Beans or Mixed Vegetables Jacket Wedges Homemade Sponge and Custard	Tuesday Homemade Beef or Vegetarian Bolognese (v) Broccoli and Carrots Spaghetti and Garlic Bread Homemade Jaffa Sponge Tray Bake and Milk
Wednesday Roast Beef or Vegetarian Roast (v) with Yorkshire Pudding Carrots and Green Beans Selection of Potatoes, Gravy Welsh Cake and Juice	Wednesday Roast Chicken Portion or Vegetarian Roast (v) with Homemade Stuffing Carrots and Peas Selection of Potatoes, Gravy Llaeth Y Llan Yogurt and Fruit	Wednesday Roast Turkey or Vegetarian Roast (v) with Homemade Stuffing Carrots and Green Beans Selection of Potatoes, Gravy Homemade Cornflake Cake and Fruit Juice
Thursday Homemade Chicken Pasta Bake or Tomato and Basil Pasta Bake (v) Broccoli and Carrots, Garlic Bread Homemade Chocolate Sponge and Chocolate Custard	Thursday Pork Meat Balls or NEW! Vegetarian Balls (v) in Tomato Sauce Broccoli Pasta and Garlic Bread Homemade Chocolate Brownie and Ice Cream	Thursday Chicken or NEW! Quorn Bites (v) in a Wrap Coleslaw and Diced Cucumber Diced Potatoes Homemade Lemon Drizzle Sponge and Custard
Friday Salmon Fish Finger or Vegetable Grill (v) Baked Beans or Peas Chips or Potatoes Homemade Shortcake Biscuit and Fruit Wedges	Friday Lemon Sole Bites or Vegetarian Burger (v) Baked Beans or Peas Chips or Potatoes Homemade Oat Biscuit, Portion of Raisins and Fruit Juice	Friday Fish Dippers or Quorn Dippers (v) Baked Beans or Peas Chips or Potatoes, Homemade Blondie, served with sliced Banana and Homemade Hot NEW! Chocolate Sauce

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.

Cyngor Sir Gâr
Carmarthenshire
County Council

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