

		Primary Menu March - Sept - Oct 2024		
		Week One 2nd Sept, 23rd Sept, 14th Oct	Week Two 9th Sept, 30th Sept, Oct 21st	Week Three Sept 16th, Oct 7th
Monday	Option 1	Breaded Chicken Burger Cereal/Gluten in a Bap Cereal/Gluten, Sesame	Ham Pizza Cereal/Gluten, Milk	Meatballs Sulphur Dioxide in a Tomato & Basil Sauce
	Option 2	Vegan Country Bake Cereal/Gluten, Soya in a Bap Cereal/Gluten, Sesame	Cheesy Pizza Cereal/Gluten, Milk	Vegan Balls Soya in a Tomato & Basil Sauce
	Served with	Potato Wedges Sweetcorn Peas Salad Available Daily	Potato Wedges Sweetcorn Baked Beans Salad Available Daily	Pasta Twists Cereal/Gluten & Garlic Bread Cereal/Gluten, Sesame, Mustard Sweetcorn Peas Salad Available Daily
	Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)
Dessert	Chocolate & Orange Sponge Cereal/Gluten, Milk, Egg, Soya Chocolate Sauce Milk Fresh Fruit Available Daily	Apple Crumble Cereal/Gluten, Soya Custard Milk Fresh Fruit Available Daily	Lemon Sponge Cereal/Gluten, Milk, Egg, Soya, Sulphur Dioxide Custard Milk Fresh Fruit Available Daily	
Tuesday	Option 1	Oven Baked Sausage Cereal/Gluten, Soya, Sulphur Dioxide	Roast Beef & Yorkshire Pudding Cereal/Gluten, Milk, Egg	Roast Turkey & Sage & Onion Stuffing Cereal/Gluten
	Option 2	Vegan Sausage Cereal/Gluten	Vegan Sausage Cereal/Gluten	Vegan Country Bake Cereal/Gluten, Soya
	Served with	Mashed Potatoes Baked Beans Sweetcorn Salad Available Daily	Mashed Potatoes & Gravy Carrots Broccoli Salad Available Daily	Mashed Potatoes & Gravy Carrots Green Beans Salad Available Daily
	Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)
Dessert	Llaeth Y Llan Yoghurt Milk Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt Milk Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt Milk Apple Dippers Fresh Fruit Available Daily	
Wednesday	Option 1	Beef Bolognaise	Chicken Korma Milk	Fish Square Cereal/Gluten, Mustard & Fish
	Option 2	Vegetable Bolognaise Soya	Vegetable Korma Milk	Vegetable Nuggets Cereal/Gluten
	Served with	Pasta Twists Cereal/Gluten & Garlic Bread Cereal/Gluten, Sesame, Mustard Mixed Vegetables Broccoli Salad Available Daily	Boiled Rice & Naan Bread Cereal/Gluten Sweetcorn Peas Salad Available Daily	Hash Browns Baked Beans Peas Salad Available Daily
	Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)
Dessert	Plain Cookie Cereal/Gluten, Milk, Eggs, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	Chocolate Cookie Cereal/Gluten, Milk, Eggs, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	Shortbread Biscuit Cereal/Gluten, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	
Thursday	Option 1	Roast turkey & Sage & Onion Stuffing Cereal/Gluten	Roast Pork & Apple Sauce	Roast Chicken & Sage & Onion Stuffing Cereal/Gluten
	Option 2	Vegan Sausage Cereal/Gluten	Broccoli & Cauliflower Cheese Bake Milk	Cheese & Potato Pie Milk
	Served with	Mashed Potatoes & Gravy Carrots Green Beans Salad Available Daily	Mashed Potatoes & Gravy Carrots Broccoli Salad Available Daily	Mashed Potatoes & Gravy Carrots Green Cabbage Salad Available Daily
	Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)
Dessert	Llaeth Y Llan Yoghurt Milk Apple Dippers Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt Milk Peaches Fresh Fruit Available Daily	Llaeth Y Llan Yoghurt Milk Apple Dippers Fresh Fruit Available Daily	
Friday	Option 1	Fish Fingers Cereal/Gluten, Fish or Salmon Fish Finger (Gluten Free) Fish	Fish Fingers Cereal/Gluten, Fish or Salmon Fish Finger (Gluten Free) Fish	Fish Fingers Cereal/Gluten, Fish or Salmon Fish Finger (Gluten Free) Fish
	Option 2	Vegetable Nuggets Cereal/Gluten	Vegan Country Bake Cereal/Gluten, Soya	Vegetable Nuggets Cereal/Gluten
	Served with	Chips or Pasta Cereal/Gluten Peas Baked Beans Salad Available Daily	Chips or Pasta Cereal/Gluten Peas Baked Beans Salad Available Daily	Chips or Pasta Cereal/Gluten Peas Baked Beans Salad Available Daily
	Option 3	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)	Jacket Potato with Various Fillings (For Allergens Refer to Catering File)
Dessert	Chocolate Haystack Cereal/Gluten, Milk Orange Or Apple Juice Carton Fresh Fruit Available Daily	Flapjack Cereal/Gluten & Sultanas Orange Or Apple Juice Carton Fresh Fruit Available Daily	Carrot Cake Muffin Cereal/Gluten, Milk, Eggs, Soya Orange Or Apple Juice Carton Fresh Fruit Available Daily	

Bread & Water Available Daily