

PRIMARY SCHOOL MENU

WEEKS 1 & 2

Menu ~~September~~ 2022 - July 2023

JUNE 13th

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Goujons Herby Diced Potatoes Or Cheese and Tomato Pasta Bake with Baked Beans and Peas	Gammon Ham Mashed Potatoes Or Cheese wheel Mashed Potatoes with Spaghetti Hoops Sweetcorn or Salad	Chicken Breast Whole Potatoes Or Quorn Sausage Whole Potatoes with Carrots or Broccoli & Gravy	Minced Beef Pie Mash Potatoes Or Quorn Dippers Potatoes with Mixed Vegetables and Peas & Gravy	Gluten Free Fish Fingers Chipped Potatoes Or Chicago Town Pizza Chipped Potatoes with Sweetcorn or Side Salad
	Filled roll, Sandwiches and Jacket potatoes with choice of Ham, Cheese or Tuna				
Dessert	Frozen Yoghurt	Chocolate & Pear Brownie	Toffee Apple Sponge	Decorated Jelly	Artic Roll
	or Fruit of the day				
Juice break and water served with every meal. Unlimited 50/50 bread.					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Gluten Free Bubble Coated Fish Fingers Potato Puffs Or Veggie Sausage Potato Puffs with Baked Beans Or Broccoli	Chicken & Tomato Pasta Bake Side salad Or Quorn Dippers Mashed Potatoes with Peas or Sweetcorn	Gluten Free Pork Sausages Potatoes Or Quorn Sausage Potatoes with Carrots and Green Beans & Gravy	Chicken Meatballs in Tomato Sauce & Pasta Or 4 Cheese Pizza Potato Wedges With Sweetcorn or Baked Beans	Gluten Free Beefburger in a Open Roll Chipped Potatoes Or Vegan Sausage Roll Chipped Potatoes with Coleslaw and Side Salad
	Filled roll, Sandwiches and Jacket potatoes with choice of Ham, Cheese or Tuna				
Dessert	Decorated Angel Delight	Waffle and Ice Cream	Jelly	Jam Sponge and Custard	Cookie or Fresh Fruit
	or Fruit of the day				
Juice break and water served with every meal. Unlimited 50/50 bread.					



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RHONDDA CYNON TAF



Dairy Free Primary Menu 2022/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Chicken Goujons Herby Diced Potatoes Or Violife Cheese and Tomato Pasta Bake with Baked Beans and Peas	Gammon Ham Fresh Mashed Potatoes (no milk) With Spaghetti Hoops or Sweetcorn	Chicken Breast Whole Potatoes Or Quorn Sausage Whole Potatoes with Carrots or Broccoli & Gravy	Gluten Free Pork Sausages Or Quorn Dippers With Potatoes Mixed Vegetables and Peas Gravy	Gluten Free Fish Fingers Chipped Potatoes with Sweetcorn or Side Salad
Dessert				
Alpro Yoghurt	Pear in Juice	Vanilla Alpro Dessert	Decorated Jelly	Flapjack (Middleton Gluten Free Flapjack Mix)
Week 2				
Gluten Free Bubble Coated Fish Fingers Potato Puffs with Baked Beans Or Broccoli	Chicken Goujons Fresh Mashed Potatoes (no milk) Side salad Or Quorn Dippers Fresh Mashed Potatoes (no milk) with Peas or Sweetcorn	Gluten Free Pork Sausages Potatoes Or Quorn Sausage Potatoes with Carrots and Green Beans & Gravy	Chicken Meatballs in Tomato Sauce & Pasta With Sweetcorn	Gluten Free Beefburger in an Open Roll Chipped Potatoes Or Vegan Sausage Roll Chipped Potatoes with Coleslaw and Side Salad
Dessert				
Vanilla Alpro Dessert	Fruit and Sorbet	Jelly	Dairy free Cup Cake (Homemade)	Fresh Fruit

Daily Choice
Filled Roll (Leisure white bap), Sandwich or Filled Jacket Pot with Flora Original (dairy free) Spread Fillings are :- Ham; Violife Cheese or Tuna

FRESH FRUIT AVAILABLE DAILY & UNLIMITED BREAD 50/50 & JUICE BREAK

Dairy Free Primary Breakfast
Blackcurrant Juice Break with a choice of either Weetabix or Rice Krispies with Oat Milk (C/Howell Code 97872) And Wholemeal/White Bread Toasted with Flora Original (dairy free) spread (C/Howell 2742)



JUNE

Nut Free Primary Menu ~~SEPTEMBER~~ 2022/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Chicken Goujons Herby Diced Potatoes Or Cheese and Tomato Pasta Bake with Baked Beans and Peas	Gammon Ham Mashed Potatoes Or Cheese wheel Mashed Potatoes with Spaghetti Hoops Sweetcorn or Salad	Chicken Breast Whole Potatoes Or Quorn Sausage Whole Potatoes with Carrots or Broccoli & Gravy	Minced Beef Pie Mash Potatoes Or Quorn Dippers Potatoes with Mixed Vegetables and Peas & Gravy	Gluten Free Fish Fingers Chipped Potatoes Or Chicago Town Pizza Chipped Potatoes with Sweetcorn or Side Salad
Dessert				
Frozen Yoghurt	Chocolate & Pear Brownie	Toffee Apple Sponge	Decorated Jelly	Artic Roll
Week 2				
Gluten Free Bubble Coated Fish Fingers Potato Puffs Or Veggie Sausage Potato Puffs with Baked Beans Or Broccoli	Chicken & Tomato Pasta Bake Side salad Or Quorn Dippers Mashed Potatoes with Peas or Sweetcorn	Gluten Free Pork Sausages Potatoes Or Quorn Sausage Potatoes with Carrots and Green Beans & Gravy	Chicken Meatballs in Tomato Sauce & Pasta Or 4 Cheese Pizza Potato Wedges With Sweetcorn or Baked Beans	Gluten Free Beefburger in a Open Roll Chipped Potatoes Or Vegan Sausage Roll Chipped Potatoes with Coleslaw and Side Salad
Dessert				
Decorated Angel Delight	Waffle and Ice Cream	Jelly	Jam Sponge and Custard	Fresh Fruit

Daily Choice
Filled Roll, Sandwich or Filled Jacket Pot with Spread Fillings are:- Ham; Cheese or Tuna

FRESH FRUIT AVAILABLE DAILY & UNLIMITED BREAD 50/50 & JUICE BREAK

Nut Free Primary Breakfast
Blackcurrant Juice Break with a choice of either Weetabix, Rice Krispies or Porridge with Semi Skimmed Milk And Wholemeal/White Bread Toasted with spread