

Gwynedd Primary School Menu

November 2019 - April 2020



School Lunch

Tasty – Nutritious - Value for Money - Social

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	BEEF BURGER IN A BUN VEGETARIAN SAUSAGE (v) COLESLAW AND BEETROOT CORN ON THE COB COUS COUS CHOCOLATE BISCUIT FRESH ORANGE WEDGES	CHICKEN AND LEEK PIE CHEESE AND POTATO PIE (v) CARROTS AND PEAS CREAMED POTATO GRAVY FRUIT JELLY	ROAST HAM OR BEEF YORKSHIRE PUDDING QUORN ROAST (v) CARROTS AND CAULIFLOWER ROAST OR CREAMED POTATO GRAVY RICE PUDDING AND PEACHES	PORK MEATBALLS IN A HERBY TOMATO SAUCE VEGETARIAN SAUSAGE PIECES IN A HERBY TOMATO SAUCE (v) BROCCOLI AND SWEETCORN PASTA FRUIT MUFFIN	FISH STAR VEGETABLE NUGGET (v) MUSHY PEAS AND SALAD CHIPS OR BAKED POTATO DATE FLAPJACK WITH MILK
WEEK 2	TOAD IN THE HOLE VEGETARIAN SAUSAGE (v) CARROT AND SWEDE MASH GARDEN PEAS CREAMED POTATO AND GRAVY SYRUP SPONGE AND CUSTARD	BEEF BOLOGNAISE QUORN BOLOGNAISE (v) SWEETCORN AND GREEN BEANS PASTA AND GARLIC BREAD OATY BISCUIT	ROAST TURKEY OR LAMB QUORN ROAST (v) CARROTS AND PEAS ROAST OR CREAMED POTATO GRAVY ARCTIC ROLL AND MANDARINS	PORK AND SAGE PIE VEGETABLE AND QUORN PIE (v) BROCCOLI AND CABBAGE CREAMED POTATO GRAVY YOGURT AND DRIED FRUIT	BUBBLE CRUMB SALMON BAKED POTATO WITH CHEESE (v) BAKED BEANS AND SALAD CHIPS OR BAKED POTATO CHOCOLATE FUDGE CAKE WITH TINNED PEARS WITH MILK
WEEK 3	CHEESE AND TOMATO PIZZA BAKED BEANS AND CUCUMBER STICKS JACKET WEDGES OR BAKED POTATO FRUIT CRUMBLE AND CUSTARD	CHICKEN KATSU CURRY QUORN KATSU CURRY (v) PEAS AND SWEETCORN RICE CRYSTAL COOKIES AND PINEAPPLE PIECES	ROAST PORK AND APPLE SAUCE QUORN ROAST (v) CARROTS AND CABBAGE CREAMED POTATO GRAVY STRAWBERRY CHEESECAKE	LOBSCOWS VEGETABLE LOBSCOWS (v) RASPBERRY BUN WITH MILK	FISH FINGERS OR SAILORS PIE VEGETABLE NUGGET (v) GARDEN PEAS AND SALAD CHIPS OR BAKED POTATO STICKY TOFFEE MUFFIN



The Gwynedd Primary Schools Summer Menu meets the Healthy Eating in Schools Regulations (Food and Nutrition Standards) Wales 2013. And has been approved by the Welsh Local Government Association's School Food Co-ordinator.



A fresh drink of water is available to all at lunchtime. Fruit is available every day as an alternative to the pudding. Bread (without spread) is available throughout lunch. Oil free potatoes are offered as an alternative to chips and roast potato. We prepare food from the original ingredients and we do not knowingly use food that has been genetically modified.

