

# School Lunch

Tasty – Nutritious – Value for Money – Social



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.



# Summer Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	CHICKEN KORMA VEGETABLE KORMA (v) GARDEN PEAS RICE AND NAAN BREAD  CHOCOLATE ORANGE MUFFIN GLASS OF MILK	SAUSAGE VEGETARIAN SAUSAGE (v) BAKED BEANS SAUTÉ POTATOES OR CREAMED POTATO  SCONE, JAM AND DREAM TOPPING	ROAST HAM/BEEF AND GRAVY CAULIFLOWER CHEESE (v) CARROTS AND BROCCOLI NEW POTATOES YORKSHIRE PUDDING  FRUIT JELLY	BEEF BOLOGNAISE QUORN BOLOGNAISE (v) SWEETCORN PASTA AND GARLIC BREAD  MELON WEDGE WITH FRUIT COULIS	BUBBLE CRUMB SALMON BAKED POTATO WITH CHEESE (v) SALAD OR MUSHY PEAS CHIPS OR BAKED POTATO  DATE FLAPJACK GLASS OF MILK
<b>WEEK 2</b>	LAMB OR PORK MEATBALLS VEGETABLE PASTA BAKE (v) GARDEN PEAS AND SWEETCORN PASTA AND GARLIC BREAD  GOLDEN KRISPIE BARS	FISH STAR VEGETABLE NUGGET (v) BAKED BEANS JACKET WEDGES OR BAKED POTATO  JAM SPONGE AND CUSTARD	ROAST TURKEY AND STUFFING CHEESE AND BROCCOLI BAKE (v) CARROTS AND GARDEN PEAS NEW POTATOES AND GRAVY  CHEESECAKE AND FRUIT COULIS	CREAMY CHICKEN CREAMY QUORN PIECES (v) BROCCOLI RICE  LEMON CURD MUFFINS GLASS OF MILK	BEEF BURGER IN A BUN VEGETARIAN SAUSAGE (v) SALAD, BEETROOT AND COLESLAW CHIPS OR COUSCOUS  ARCTIC ROLL AND PEACHES
<b>WEEK 3</b>	FISH FINGERS OR SAILORS PIE VEGETABLE NUGGETS (v) GARDEN PEAS AND KETCHUP CREAMED POTATO  FRUIT CRUMBLE AND ICE CREAM	BEEF BURRITO QUORN BURRITO (v) SWEETCORN RICE  OATY BISCUIT GLASS OF MILK	ROAST PORK AND APPLE SAUCE OR ROAST LAMB AND MINT SAUCE VEGETARIAN SAUSAGE (v) CARROTS AND CABBAGE STUFFING AND GRAVY ROAST OR NEW POTATOES  CHEESE AND CRACKERS OR FRUIT PLATTER	CHICKEN OR TUNA PASTA BAKE VEGETARIAN PASTA BAKE (v) BROCCOLI AND GARLIC BREAD  CHOCOLATE FUDGE CAKE WITH MANDARINS GLASS OF MILK	CHEESE AND TOMATO PIZZA BAKED BEANS CHIPS OR BAKED POTATO  YOGURT AND FRUIT PIECES

## Planned Themed Lunches

By the Seaside  
Summer Solstice  
Year 6 Farewell Lunch

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

We cater for special diets and food allergies with supporting medical advice.  
We provide packed lunches for School Trips when ordered in advance.  
Please contact the School Cook in Charge for further information.

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