

PRIMARY SCHOOL MENU * 2024/25

* Conwy County, the right environment for learning and achieving *



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza ① ③ ⑦ (V)	Crispy Chicken Goujons ① ⑥ with a Tortilla Wrap ①	Welsh Beef Lasagne ① ⑦ ⑨ ⑩ with Garlic Bread ① ③ ⑦	Roast Chicken with Gravy	Breaded Salmon Fillet ① ④
Option 2	Sausage and Bean Filled Jacket Potato	Vegetable Noodles ① ③ ⑫ & Naan Bread (V) ①	Welsh Rarebit (V) ① ③ ⑦ ⑩	Macaroni Cheese (V) ① ⑦ ⑩	Cheese Omelette (V) ③ ⑦
Sides	Pasta Twists ① Sweetcorn	Seasoned Wedges Baked Beans Vegetable Batons	Baked Beans Peas Coleslaw ③	Carrots and Broccoli Creamed Potatoes ⑦	Chips Baked Beans or Peas
Dessert	Chocolate and Banana Flapjack ① & Milk ⑦	Apple and Cinnamon Sponge Cake ① ③ and Caramel Sauce ⑦	Llaeth y Llan Fruit Yoghurt ⑦ with Apple or Banana Or Melon Wedge	Lemon Cheesecake ① ③ ⑦ Bara Brith ① ③ Milk ⑦	Golden Krispie Bar ① ⑦ Fruit Juice
Dates	Week commencing: 04/11/24 • 02/12/24 • 13/01/25 • 10/02/25 • 17/03/25				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza ① ③ ⑦ (V)	'Cooks Choice' Chicken Curry ① ⑦ ⑫ with Rice & Naan Bread ① ⑦	Welsh Beef Burger in a Bap ① ⑫	Oven Baked Sausages with Yorkshire Puddings ① ③ ⑦ and Gravy	Breaded Salmon Fillet ① ④
Option 2	Chilli Beef Filled Jacket Potato	Baked Bean Pasta Bake ① (V)	Welsh Cheddar and Potato Wrap ① ⑦ (V)	Macaroni Cheese ① ⑦ ⑩ (V)	Cheese & Tomato Omelette ③ ⑦ (V)
Sides	Sweetcorn Mixed Salad Pasta Twists ①	Broccoli Vegetable Batons	Seasoned Potato Wedges Baked Beans Coleslaw ③	Creamed Potatoes ⑦ Carrots and Broccoli	Chips Baked Beans or Peas
Dessert	Rice Pudding with Cranberries ⑦	Blueberry Muffin ① ③ ⑦ Milk ⑦	Llaeth y Llan Fruit Yoghurt ⑦ with Apple or Banana Or Melon Wedge	Raspberry and Vanilla Ice Cream Roll ① ③ ⑥ ⑦ with Raspberries Or Crackers ① Cheese ⑦ and Grapes Milk ⑦	Lemon Cookie ① Fruit Juice
Dates	Week commencing: 11/11/24 • 09/12/24 • 20/01/25 • 17/02/25 • 24/03/25				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza ① ③ ⑦ (V)	Crispy Chicken Goujons ① ⑥ with a Tortilla Wrap ①	Welsh Beef Bolognese, & Garlic Bread ① ③ ⑦	Roast Gammon and Gravy	Breaded Salmon Fillet ① ④
Option 2	Tuna Crunch Filled Potato ③ ④ ⑦ ⑩	Tex Mex Burrito ① ③ ⑦ (V)	Glamorgan Sausage ① ⑦ ⑩ (V)	Macaroni Cheese ① ⑦ ⑩ (V)	Scrambled Egg ③ ⑦ (V)
Sides	Pasta Twists ① Corn on the Cob	Seasoned Wedges Baked Beans Vegetable Batons	Peas • Pasta ① Baked Beans Coleslaw ③	Creamed Potatoes ⑦ Carrots and Broccoli	Chips Baked Beans or Peas
Dessert	Date Cookie ① & Milk ⑦	Lemon Cake ① ③ ⑦ with Vanilla Sauce ⑦	Llaeth y Llan Fruit Yoghurt ⑦ with Apple, Banana Or Melon Wedge	Pancakes ① ③ ⑦ with Mixed Berries Bara Brith ① ③ Milk ⑦	Caramel Cornflake Crunch ① ⑦ Fruit Juice
Dates	Week commencing: 18/11/24 • 16/12/24 • 27/01/25 • 03/03/25 • 31/03/25				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Home Baked Cheese and Tomato Pizza ① ③ ⑦ (V)	Oven Baked Sausages	Welsh Beef Meatballs ⑫ in Mediterranean Sauce & Garlic Bread ① ③ ⑦ ⑨	Roast Pork with Stuffing ① Apple Sauce, and Gravy	Breaded Salmon Fillet ① ④
Option 2	Ham & Cheese Filled Potato ⑦	Hot Vegetable Wraps ① ⑦ (V)	Welsh Cheddar, Potato and Leek Bake ③ ⑦ ⑩ (V)	Macaroni Cheese ① ⑦ ⑩ (V)	Poached Egg ③ (V)
Sides	Pasta Twists ① Corn on the Cob	Creamed Potatoes ⑦ Beans Vegetable Batons	Pasta Twists ① Peas Coleslaw ③	Carrot & Swede Mash Roast Potatoes Broccoli	Chips Baked Beans or Peas
Dessert	Rice Pudding ⑦ with Raspberry Puree	Sticky Toffee Pudding ① ③ Milk ⑦	Llaeth y Llan Fruit Yoghurt ⑦ with Apple or Banana Or Melon Wedge	Chocolate Pudding ⑦ with Bananas Or Crackers ① Cheese ⑦ and Grapes Milk ⑦	Golden Crunch Cookie ① Fruit Juice
Dates	Week commencing: 25/11/24 • 06/01/25 • 03/02/25 • 10/03/25 • 07/04/25				

Available Daily : Freshly prepared salad, fresh fruit and wholemeal bread • Please contact the cook in charge for any dietary needs.

Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

These are the 14 Allergens:

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|-----------------------------------|-----------------------|-------------------------|
| ① Cereals containing gluten | ⑤ Peanuts | ⑩ Mustard |
| ② Crustaceans e.g. prawns / crabs | ⑥ Soya beans | ⑪ Sesame |
| ③ Eggs | ⑦ Milk | ⑫ Sulphur dioxide |
| ④ Fish | ⑧ Nuts | ⑬ Lupin |
| | ⑨ Celery and celeriac | ⑭ Molluscs e.g. mussels |
- (V) Vegetarian

Contact Education Catering Department: 01492 575586



Llaeth y Llan Yogurts



We only use Welsh Beef



Welsh Beef Burgers and Welsh Meatballs from Edwards of Conwy



Henllan wholemeal bread is available daily



Pork Sausages made with Farm Assured Pork from Edwards of Conwy



Information

This menu complies with the Healthy Food in Schools Regulations 2013

