

# PRIMARY SCHOOL MENU

## • 2023 •

EBRILL/APRIL 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1	17	18	19	20	21	22	23
WK2	24	25	26	27	28	29	30
GORFFENNAF/JULY 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK2	3	4	5	6	7	8	9
WK3	10	11	12	13	14	15	16
WK1	17	18	19	20	21	22	23

MAI/MAY 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	1	2	3	4	5	6	7
WK1	8	9	10	11	12	13	14
WK2	15	16	17	18	19	20	21
WK3	22	23	24	25	26	27	28
	29	30	31				
MEDI/SEPTEMBER 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1	4	5	6	7	8	9	10
WK2	11	12	13	14	15	16	17
WK3	18	19	20	21	22	23	24
WK1	25	26	27	28	29	30	

MEHEFIN/JUNE 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1	5	6	7	8	9	10	11
WK2	12	13	14	15	16	17	18
WK3	19	20	21	22	23	24	25
WK1	26	27	28	29	30		
HYDREF/OCTOBER 2023							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK2	4	5	6	7	8	9	10
WK3	11	12	13	14	15	16	17
WK1	18	19	20	21	22	23	24
WK2	25	26	27	28	29	30	

(Allergens shown in brackets)

### Information



Llaeth y Llan Yogurts



We only use Welsh Beef



Welsh Beef Burgers from Edwards of Conwy



Henllan wholemeal bread is available daily



Pork Sausages from Edwards of Conwy made with Farm Assured Pork

This menu complies with the **Healthy Food in Schools Regulations 2013**. A drink of fresh water is available every day to all. Wholemeal bread and fresh fruit are available daily. Special diets are catered for, please contact the school cook in charge.  
**Conwy Education Catering Department**  
 Tel: 01492 575586.

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Home Baked Pizza (V) (1, 3, 6, 7, 9) Filled Jacket Potato with Tuna (4) Sweetcorn / Salad Fruit Yoghurt (7) With Fruit Dippers	Crispy Chicken Bites (1,6,7,9,10) Egg Salad Wrap (V) (1,3,10) Pasta (1) Baked Beans / Peas • Coleslaw (3,10) Chocolate Muffin (1,3,6,7) Assorted Fruit • Milk (7)	Home Baked Pizza (1,3,6,7,9) Egg Salad Wrap (V) (1,3,10) Salad Coleslaw (3,10) Fruit Yoghurt (7) With Fruit Dippers
TUESDAY	Oven Baked Sausages Baked Vegetable Bites (V) (9) Baked Beans / Peas Creamed Potatoes (7) Strawberry Muffin (1,3,6,7) Assorted Fruit	Home Baked Pizza (1,3,6,7,9) Filled Jacket Potato With Cheese (V) (7) Corn on the Cob / Salad Coleslaw (3,10) Golden Krispie Cake (1,7) Assorted Fruit • Fruit Juice	Oven Baked Sausages Quorn Sausages (V) (1,3,7) Baked Beans / Peas Creamed Potatoes (7) Lemon Muffin (1,3,6,7) Assorted Fruit • Milk (7)
WEDNESDAY	Beef Bolognese (1) Cheese And Onion Wrap (V) (1,7) Broccoli / Peas Home Baked Garlic Bread (1,3,6,7) Bara Brith (1,3,6) Fresh Fruit Salad • Milk (7)	Welsh Beef Burger in a Bap (1,12) Breaded Quorn Burger in a Bap (V) (1,3,7) Baked Beans / Peas Vegetable Batons Potato Wedges Bara Brith (1,3,6) • Fresh Fruit Salad	Crispy Chicken Bites (1,6,7,9) Spanish Omelette (V) (3,10) Sweetcorn Coleslaw (3,10) • Pasta (1) Apple Flapjack (1,7) • Assorted Fruit • Milk (7)
THURSDAY	Roast Chicken With Gravy (1,6,7) Macaroni Cheese (V) (1,6,7,10) Carrots / Cauliflower Roast Potatoes Chocolate Cornflake Cake (1,7) Assorted Fruit • Milk (7)	Roast Turkey With Gravy (1,6,7) Macaroni Cheese (1,6,7,10) Carrots / Broccoli Mashed Potato (7) Ice Cream With Mandarins (7) Assorted Fruit	Roast Beef Macaroni Cheese (V) (1,6,7,10) Carrots / Broccoli Roast Potatoes Golden Bar (1,7) Assorted Fruit • Fruit Juice
FRIDAY	Breaded Salmon Fillet (1,4) Egg Salad Wrap (V) (1,3,10) Peas / Vegetable Batons • Mixed Salad Chips Lemon / Orange Shortbread (1,6,7) Assorted Fruit • Milk (7)	Breaded Salmon Fillet (1,4) Spanish Omelette (3) Peas / Sweetcorn Chips Chocolate Brownie (1,3,6,7) Assorted Fruit • Milk (7)	Breaded Salmon Fillet (1,4) Baked Vegetable Bites (V) (9) Baked Beans / Peas Chips Icecream (7) With Peach Puree Assorted Fruit

### 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:-

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

