



School lunches are the ideal option to encourage children to eat healthier; current legislation (Nutritional Standards and Requirements Wales) aims to help children develop healthy eating habits and ensure they have the required nutrition and energy to help them get through the school day. These standards have been in place since 2013, which increase the take up of fruit and vegetables. The standards guarantee that our menus contain the required amount of nutrients such as iron and calcium whilst restricting the consumption of saturated fat, salt and sugar.

We are committed to:

- ✓ Adapting our menus to meet special dietary requirements including allergen diets
- ✓ Offering a vegetarian choice every day and providing a drink with each meal ensuring that pupils don't go thirsty at lunchtime
- ✓ Using freshly prepared ingredients which you can trust
- ✓ Planning several theme days during the year which we hope pupils will enjoy
- ✓ Ensuring due diligence for the food that we buy
- ✓ Providing staff with the required training

We encourage pupils who haven't tried a school meal to 'Give our School Meals a try'; we also invite feedback or suggestions in relation to our menus and the service we provide. Contact us as follows:

Email: schoolmeals@carmarthenshire.gov.uk
Telephone: 01267 246537

Free School Meals - Find out if you qualify and apply online which is easy and confidential
www.carmarthenshire.gov.uk

Due to circumstances beyond our control, there may at times be a slight variance in our menus; we apologise for any inconvenience this may cause



Carmarthenshire Primary Winter Menu 2015

(to be introduced in all Primary Schools as from w/c 2nd November)

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Commencing: 2nd November 23rd November 14th December 4th January 2016 25th January 22nd February 14th March 11th April	Main	Homemade Tomato & Basil Pasta Bake (v)	Cooks Choice Homemade Beef or Vegetable Cottage Pie (v) OR Beef Burger or Vegetable Burger (v) in a Roll	Cooks Choice Cooked Gammon & Parsley Sauce OR Roast Turkey & Stuffing or Vegetarian Roast (v) with Gravy	Homemade Chicken OR Quorn Korma (v)	Chip Shop Fillet of Fish or Vegetable & Cheese County Bake (v)
	Veg	Peas	Baked Beans or Sliced Green Beans	Broccoli & Carrots	Peas	Baked Beans or Sweetcorn
	Carb	Garlic Bread	Potatoes	Mashed & Roast Potatoes	Mixed Rice & Naan Bread	Chips or Potatoes
	Dessert	Homemade Shortcake Biscuit or Fresh Fruit	Homemade Chocolate Brownie & Ice Cream or Fresh Fruit	Homemade Rice Pudding & Portion of Raisins or Fresh Fruit	Homemade Jam Bun or Fresh Fruit	Chocolate Cake with a difference & Custard or Fresh Fruit
	Drink	Glass of Milk	Water	Water	Glass of Juice	Water
Week 2 Commencing: 9th November 30th November 11th January 2016 1st February 29th February 21st March 18th April	Main	Baked Pork or Vegetarian Sausage (v)	BBQ or Tikka Chicken/Quorn (v) filled Tortilla Wrap (v)	Cooks Choice Roast Turkey & Stuffing or Roast Pork & Apple Sauce or Vegetarian Roast & Gravy	Cooks Choice Homemade Beef or Vegetable Cawl (v) Bread Roll & Portion of Cheese OR Beef or Vegetable Bolognese (v) Spaghetti, Garlic Bread & Peas	Alaskan Salmon Bake or Vegetable Grill (v)
	Veg	Baked Beans or Peas	Grated Carrot	Cabbage & Carrots	Homemade Fruit & Oat Crumble or Apple Sponge & Custard or Fresh fruit	Baked Beans or Peas
	Carb	Mashed Potato or Wedges	Garlic Potatoes	Mashed & Roast Potatoes		Chips or Potatoes
	Dessert	Homemade Chocolate Cookie and Portion of Raisins or Fresh Fruit	Homemade Lemon Drizzle Cake & Custard or Fresh Fruit	Peaches in Jelly or Fresh Fruit	Homemade Fruit & Oat Crumble or Apple Sponge & Custard or Fresh fruit	Homemade Cornflake Cake or Fresh Fruit
	Drink	Glass of Milk	Water	Water		Glass of Milk
Week 3 Commencing: 16th November 7th December 18th January 2016 8th February 7th March 25th April	Main	Homemade Cheese & Tomato Pizza (v)	Chicken Grill or Vegetable Burger (v) with Homemade Tomato Sauce	Cooks Choice Roast Beef & Yorkshire Pudding or Roast Turkey & Stuffing or Vegetarian Roast (v) & Gravy	Cooks Choice Homemade Beef or Vegetable Lasagne (v) OR Beef or Vegetable Bolognese (v) with Spaghetti	Salmon Fish Finger or Fish Finger or Vegetable Grill (v)
	Veg	Baked Beans or Sweetcorn	Peas or Mixed Peppers	Carrots & Sliced Green Beans	Broccoli	Baked Beans or Peas
	Carb	Boiled Potatoes or Wedges	Boiled Potatoes or Pasta	Mashed & Roast Potatoes	Garlic Bread	Chips or Potatoes
	Dessert	Homemade Oat Biscuit & Portion of Raisins or Fresh Fruit	Homemade Jaffa Sponge & Custard or Fresh Fruit	Pears & Ice Cream or Fresh Fruit	Homemade Chocolate Muffin or Fresh Fruit	Homemade Jam Scone or Fresh Fruit
	Drink	Glass of Milk	Water	Water	Glass of Juice	Water