

Department for Education and Children, Carmarthenshire Catering Service

PRIMARY SUMMER MENU 2014

Our winter menu will be introduced in all of our primary schools from Tuesday 6th May to Friday 24th October 2014

Menu Development

School menus are nutritionally analysed using a software system called Saffron and are developed in line with current legislation.

School meals represent value for money; children can enjoy a two course meal for £2.20 per day. Other benefits include:

- The opportunity to develop social skills
- An opportunity for children to try new foods
- Eating with their peers encourages healthy eating from an early age
- Eliminates the requirement for parents to provide a packed lunch
- Special dietary requirements and vegetarian options are also catered for on a daily basis.

Date for your Diary

Carmarthenshire Catering Service will be supporting this years Eisteddfod which takes place in Llanelli from 1st to 9th August. Dylan the Dragon will be making an appearance, and he is looking forward to joining in on all the fun!



Is your Child Entitled to Free School Meals?

Free School Meals are only available to children whose parents / guardian receives one of the following benefits:-

- Income Support
- Job Seekers Allowance (Income Based)
- Support under part V1 of the immigration and Asylum Act (1999)
- Guaranteed element of State Pension Credit
- Child Tax Credit, but DO NOT receive any Working Tax Credit, and their annual income (as assessed by the Inland Revenue) does not exceed £16,190 (April 2013)
- Income-related Employment and Support Allowance
- Universal Credit

How to apply

The easiest and quickest way is online via our website: www.carmarthenshire.gov.uk. Alternatively you can phone (01267) 246521 or email FreeSchoolMeals@carmarthenshire.gov.uk and an application form will be sent to you. You can also collect an application form from your child's school.

As from September 2013, there is no longer a requirement for parents to reapply for free school meals every year. Your continued entitlement is now checked by our electronic eligibility checking system. You will only need to submit a new application if, following a period of ineligibility, a change in your circumstances results in you becoming entitled again.

If you or your child has any comments, ideas or suggestions as to how we can further improve the meals/service on offer, then we would be delighted to hear from you. Contact us by phone or email:

Telephone: 01267 246486

Email: facilitiesmanagement@carmarthenshire.gov.uk

Week 1: Commencing 5th May, 2nd June, 23rd June, 14th July, 1st September, 22nd September, 13th October

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Cheese & Tomato Pizza (v)	Cooks Choice: BBQ Chicken or BBQ Quorn Panini OR Chicken Grill or Vegetable Grill (v)	Cooks Choice: Roast Beef & Yorkshire Pudding OR Roast Turkey & Stuffing or Vegetarian Roast (v)	Cooks Choice: Homemade Carbonara or Vegetable Carbonara OR Beef or Vegetable Lasagne (v)	MSC Alaskan Salmon Bake or Fish Finger or Vegetable Finger (v)
Baked Beans or Sweetcorn	Coleslaw or Peas & Sweetcorn	Carrots, Green Beans & Gravy or Mixed Salad & Grated Carrot	Broccoli	Baked Beans or Peas
Jacket Wedges or Pasta	Boiled Potatoes or Pasta	Mashed & Roast Potato	Garlic Bread	Chips or Mashed Potatoes
Homemade Oat Biscuit & Glass of Milk or Fresh Fruit	Homemade Jaffa Sponge & White Sauce or Fresh Fruit	Peaches & Ice Cream or Fresh Fruit	Homemade Chocolate Muffin & Glass of Juice or Fresh Fruit	Homemade Apple & Raspberry Sponge & Custard or Fresh Fruit

Week 2: Commencing 12th May, 9th June, 30th June, 21st July, 8th September, 29th September, 20th October

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Sausage or Vegetarian Sausage in a Petit Pain (v)	Cooks Choice: Beef or Vegetable Chow Mein (v) OR Tomato & Basil Pasta Bake (v)	Cooks Choice: Roast Turkey & Stuffing OR Roast Pork & Apple Sauce or Vegetarian Roast (v)	Cooks Choice: Chicken or Quorn Korma OR Turkey or Quorn Casserole (v)	MSC Chip Shop Fish or Vegetable Finger (v)
Onions Baked Beans or Sweetcorn	Peas	Carrots, Cabbage & Gravy or Coleslaw & Mixed Salad	Broccoli	Baked Beans or Peas
Jacket Wedges	Garlic Bread	Mashed & Roast Potato	Mixed Rice & Naan Bread	Chips or Mashed Potatoes
Homemade Chocolate Cookie & Glass of Juice or Fresh Fruit	Peaches in Jelly or Yoghurt or Fresh Fruit	Homemade Chocolate Brownie & Ice Cream or Fresh Fruit	Homemade Scone and Sultanas & Glass of Milk or Fresh Fruit	Homemade Eve's Pudding & Custard or Fresh Fruit

Week 3: Commencing 19th May, 16th June, 7th July, 15th September, 6th October

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Tomato & Basil Pasta Bake (v)	Cooks Choice: Chicken or Quorn Wrap OR Cooked Gammon or Vegetable Grill (v)	Cooks Choice: Roast Turkey & Stuffing OR Roast Beef & Yorkshire Pudding or Vegetarian Roast (v)	Homemade Beef or Vegetable Bolognese (v)	Fish Cake or Fish Finger or Vegetable Finger (v)
Broccoli	Coleslaw & Mixed Salad or Baked Beans	Carrots, Cabbage & Gravy or Mixed Salad & Grated Carrot	Sweetcorn	Baked Beans or Peas
Garlic Bread	Jacket Wedges	Mashed & Roast Potato	Spaghetti & Garlic Bread	Chips or Mashed Potatoes
Homemade Chocolate Biscuit, Portion of Raisins & Glass of Milk or Fresh Fruit	Homemade Fruity Rice Pudding or Fresh Fruit	Pears & Ice Cream or Fresh Fruit	Cooks Choice: Homemade Summer Fruit Crumble & Custard OR Summer Fruit Sponge & Custard or Fresh Fruit	Homemade Chocolate Cake & Glass of Milk or Fresh Fruit

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. The fruit and vegetables we serve are also subject to seasonal variation

