



# Winter Menu 2018 / 2019

**M** Main Meals    **VO** Vegetarian Option    **V** Vegetables  
**C** Carbohydrates    **P** Pudding

NOVEMBER 2018						
MON	TUES	WED	THURS	FRI	SAT	SUN
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER 2018						
MON	TUES	WED	THURS	FRI	SAT	SUN
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2019						
MON	TUES	WED	THURS	FRI	SAT	SUN
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2019						
MON	TUES	WED	THURS	FRI	SAT	SUN
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH 2019						
MON	TUES	WED	THURS	FRI	SAT	SUN
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2019						
MON	TUES	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Information



Llaeth y Llan Yogurts



We only use farm assured Chicken



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, milk, 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

### MONDAY

- M** Oven Baked Sausages
- VO** Quorn Sausage
- V** Baked Beans
- C** Creamed Potatoes
- P** Rice Pudding and Fruit Puree

### TUESDAY

- M** Home Baked Pizza
- VO** Filled Jacket Potato
- V** Sweetcorn / Salad
- C** Herby Diced Potatoes
- P** Oaty Apple Bar

### WEDNESDAY

- M** Beef Bolognaise / Lasagne
- VO** Pasta Italiane
- V** Broccoli / Grated Carrot
- C** Spaghetti / Home Baked Garlic Bread
- P** Cookie / Milk

### THURSDAY

- M** Roast Chicken with Gravy
- VO** Cauliflower and Leek Bake
- V** Carrots / Savoy Cabbage
- C** Roast Potatoes
- P** Date and Sultana Loaf / Fresh Fruit Salad  
Orange Juice

### FRIDAY

- M** Breaded Salmon Fillet
- VO** Egg Salad Wrap
- V** Vegetable Batons / Peas
- C** Vegetable Rice / Creamed Potatoes
- P** Chocolate Brownie / Milk

## Week 2

### MONDAY

- M** Welsh Beef Burger in a Bap
- VO** Quorn Sausage in a Bap
- V** Vegetable Batons
- C** Potato Wedges
- P** Golden Krispie Cake

### TUESDAY

- M** Welsh Beef Meatballs in Sauce
- VO** Welsh Rarebit
- V** Sweetcorn
- C** Rice / Pasta
- P** Fresh Fruit Salad / Fruit Yoghurt

### WEDNESDAY

- M** Crispy Chicken Bites
- VO** Spanish Omelette
- V** Baked Beans
- C** Pasta
- P** Chocolate Sponge and Sauce

### THURSDAY

- M** Roast Turkey with Gravy
- VO** Country Bakes
- V** Carrots / Savoy Cabbage
- C** Roast Potatoes
- P** Fruit Flapjack / Orange Juice

### FRIDAY

- M** Salmon Fish Cake
- VO** Vegetable Quiche
- V** Peas
- C** Chips
- P** Lemon and Orange Shortbread / Milk

## Week 3

### MONDAY

- M** Welsh Beef Bolognaise
- VO** Hot Vegetable Wraps
- V** Broccoli
- C** Rice / Pasta
- P** Fruit Cereal Bar / Milk

### TUESDAY

- M** Oven Baked Sausages and Onion Gravy
- VO** Cheese and Lentil Wedge
- V** Sweetcorn / Peas
- C** Creamed Potatoes
- P** Rice Pudding with Cranberries

### WEDNESDAY

- M** Homebaked Pizza
- VO** Country Bake
- V** Coleslaw / Salad Bar
- C** Pasta
- P** Fruit Yoghurt & Apple Dippers

### THURSDAY

- M** Roast Gammon / Beef
- VO** Macaroni and Cheese
- V** Carrots / Green Beans
- C** Roast Potatoes
- P** Fruit and Cheese Platter / Bara Brith  
Orange Juice

### FRIDAY

- M** Breaded Salmon Fillet
- VO** Filled Jacket Potato
- V** Baked Beans / Peas
- C** Creamed Potatoes
- P** Apple Sponge and Toffee Sauce



We want children to **eat well** in school and to get **knowledge** and **skills** to help them eat well at home and in the future.

### Allergen Information

Current food labelling and information requirement regulations has listed 14 allergens that need to be identified if they are used as ingredients in a dish. Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

The 14 Allergens are - Celery, Cereals containing Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya, Sulphur Dioxide.

**Message for you.**  
Share your "School lunch Story" by email to [catering@conwy.gov.uk](mailto:catering@conwy.gov.uk) or on the Conwy Council website [www.conwy.gov.uk](http://www.conwy.gov.uk) search for "Food in School".

**The meal cost is £2.30 for infants and juniors from 01/04/2018**

Please pay your dinner money on Monday for the meals to be taken in the week.

### Check your entitlement

Your child may be eligible for free school meals.

Free School Meal application forms can be obtained from your child's school, or requested by email from: [hben.enquiries@conwy.gov.uk](mailto:hben.enquiries@conwy.gov.uk) or by telephone on **01492 576491**.

or on the Conwy website ([www.conwy.gov.uk](http://www.conwy.gov.uk)) and search for "free school meals"

**Do you need help to find out about benefits you may be entitled to? Contact the Benefit Advice Line on 01492 576616.**

The line is open 9.00am to 4.00pm Monday to Friday.

There is help here if you start work, if there is a change in your personal circumstances and to make sure you are not missing out on concessions and discounts such as Water Assist; Warm Home Discount: Healthy Start Vouchers.

This graph shows the food and nutrients provided in the three week Primary school menu and the line that is the Welsh Government standard for the food and nutrients.

