

# Summer Menu 2019



MON	TUE	WED	THUR	FRI	SAT	SUN
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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## Week 1

### MONDAY

- M** Turkey Bolognaise
- VO** Welsh Rarebit
- V** Broccoli / Grated Carrot
- C** Spaghetti / Garlic Bread
- P** Chocolate Cornflake Crunch / Fruit Juice

### TUESDAY

- M** Home Baked Pizza
- VO** Country Bake
- V** Sweetcorn / Coleslaw
- C** Potato Wedges
- P** Ice Cream With Fruit Puree

### WEDNESDAY

- M** Pork Sausage
- VO** Quorn Sausage
- V** Beans / Peas
- C** Mashed Potatoes
- P** Fruity Muffin / Milk

### THURSDAY

- M** Roast Gammon / Roast Beef
- VO** Cauliflower and Broccoli Bake
- V** Carrots / Green Beans
- C** Roast Potatoes
- P** Bara Brith or Cheese and Fruit Platter

### FRIDAY

- M** Breaded Salmon Fillet
- VO** Egg Salad Wrap
- V** Cucumber & Carrot Sticks
- C** Chips / Jacket Potato
- P** Oat Cookies

## Week 2

### MONDAY

- M** Welsh Beef Burger in a Bap
- VO** Quorn Burger Bap
- V** Salad / Coleslaw / Carrot Sticks
- C** Potato Wedges
- P** Golden Crunch Cookie / Milk

### TUESDAY

- M** Chicken Enchiladas
- VO** Hot Vegetable Wraps
- V** Salad Peas
- C** Vegetable Rice / Pasta Salad
- P** Chocolate Brownie

### WEDNESDAY

- M** Home Baked Pizza
- VO** Filled Jacket Potato
- V** Coleslaw / Carrot and Cucumber Sticks
- C** Pasta
- P** Fruit Yoghurt

### THURSDAY

- M** Roast Turkey with Gravy
- VO** Country Bakes
- V** Carrots / Spring Cabbage
- C** Roast Potatoes
- P** Date & Sultana Loaf or Fruit Salad

### FRIDAY

- M** Salmon Fish Cake
- VO** Quorn Sausage
- V** Beans / Peas
- C** Mashed Potatoes
- P** Banana Flapjack / Fruit Juice

## Week 3

### MONDAY

- M** Crispy Chicken Bites
- VO** Country Bakes
- V** Beans / Peas
- C** Pasta
- P** Lemon Shortbread / Milk

### TUESDAY

- M** Turkey Lasagne
- VO** Baked Bean Lasagne
- V** Salad / Coleslaw
- C** Garlic Bread
- P** Fruit Salad / Fruit Yoghurt

### WEDNESDAY

- M** Pork Sausage Bap
- VO** Quorn Sausage Bap
- V** Vegetable Batons
- C** Herby Diced Potatoes
- P** Oaty Apple Bake / Fruit Juice

### THURSDAY

- M** Roast Chicken with Gravy
- VO** Macaroni and Cheese
- V** Carrots / Broccoli
- C** Roast Potatoes
- P** Orange and Lemon Muffin

### FRIDAY

- M** Breaded Salmon Fillet
- VO** Cheese and Tomato Frittata
- V** Peas / Carrot Sticks
- C** Chips
- P** Ice Cream and Fruit Puree

**M** Main Meals

**VO** Vegetarian Option **V** Vegetables

**C** Carbohydrates **P** Pudding

### 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.

# OUR School LUNCH

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.

**The meal cost is £2.50 for infants and £2.50 for juniors from 28/04/2019**

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

## Are you entitled to free school meals?

YOU COULD SAVE £430 PER YEAR FOR EACH CHILD IF YOU APPLIED AND QUALIFIED.

For every pupil that is in receipt of a Free School Meal Conwy County Borough Council receive funding from the Welsh Government which enables the School to provide additional support to those children. So if you have an entitlement please apply.

**If you are receipt of Universal Credit or another benefit and you wish to apply please print and complete the Free School Meal Application at**

**[www.conwy.gov.uk/freeschoolmeals](http://www.conwy.gov.uk/freeschoolmeals) and send to – Revenue and Benefits Assessment Services, PO Box 1, Conwy, LL30 9GN**

**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 our 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.

## 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".

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.

