



Primary School Menu 2022-2023

MEDI / SEPT 2022							
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		

HYD / OCT 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK2	3	4	5	6	7	8	9
WK1	10	11	12	13	14	15	16
WK1	17	18	19	20	21	22	23
WK2	24	25	26	27	28	29	30
	31						

TACH / NOV 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	7	8	9	10	11	12	13
WK1	14	15	16	17	18	19	20
WK2	21	22	23	24	25	26	27
WK3	28	29	30				

RHAG/DEC 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3			1	2	3	4	
WK1	5	6	7	8	9	10	11
WK2	12	13	14	15	16	17	18
WK3	19	20	21	22	23	24	25
	26	27	28	29	30	31	

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

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

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

(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
MON	Crispy Chicken Bites (1) Country Bake (1, 7) Baked Beans Vegetable of the day Pasta (1) Golden Crunch Cookie (1, 3) Fruit Juice	Pork Meatballs with Homemade Tomato Sauce (1, 6, 7) Breaded Quorn Burger with Tomato Sauce (1, 6, 7) Broccoli Spaghetti (1) Caramel Krispie cake (1, 7) Fruit Juice	Chicken Bites (1) Quorn Sausage (1, 3, 7) Sweetcorn Pasta (1) Oaty Apple Bar (1, 7) Milk (7)
TUE	Home Baked Pizza (1, 6, 7) Filled Jacket Potato (4) Coleslaw Salad (3,10) Herby Diced Potatoes Fruit Yoghurt with Apple Dippers (7)	Welsh Beef Burger in a Bap (1,12) Cheese and Tomato Bap (1, 6, 7) Vegetable Batons & Coleslaw (3, 10) Potato Wedges Fruit Yoghurt (7)	Oven Baked Sausages (1) Cheesy Bean Jacket Potato (7) Beans Vegetable of the day Mashed Potato (7) Rice Pudding with Peaches (7)
WED	Beef Bolognese (1) Herby Pasta (1, 7, 10) Broccoli Spaghetti (1) Home Baked Garlic Bread (1, 6, 7) Cereal Bar (1, 7) Fruit Juice	Cheesy Ham Pasta Bake (1, 6, 7, 10) Hot Vegetable Wrap (1, 7) Salad & Sweetcorn Herby Bread (1, 6, 7) Homemade Cookie (1, 7) Fruit Juice	Home Baked Pizza (1, 6, 7) Egg Salad Wrap (1, 3, 10) Mixed Salad Spicy Potato Wedges Chocolate Cupcake (1, 3, 7) Fruit Juice
THURS	Oven Baked Sausage & Gravy (1, 6, 7) Macaroni & Cheese (1, 6, 7, 10) Vegetables of the Day Roast Potatoes Fruit Salad / Bara Brith (1, 3, 6, 10) Milk (7)	Roast Turkey with Gravy (1, 6, 7) Quorn Sausage (1, 3, 7) Vegetable of the Day Roast Potatoes Fruit Salad / Date Scone (1, 3, 7) Milk (7)	Roast Chicken & Gravy (1, 6, 7) Macaroni and Cheese (1, 6, 7, 10) Vegetable of the Day Roast Potatoes Fruit Salad / Bara Brith (1, 3, 6, 10) Milk (7)
FRI	Salmon Fillet (1, 4) Quorn Burger (1, 3, 7) Peas Chips Fruit Muffin (1, 3, 7) Milk (7)	Salmon Fillet (1, 4) Cheesy Bean Jacket Potato (7) Baked Beans Vegetable of the day Chips Chocolate Brownie (1, 3, 6, 7) Fruit Juice	Salmon Fillet (1, 4) Spanish Omelette (3) Peas Chips Strawberry Shortcake (1, 7) Fruit Juice

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
3. Eggs,
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs

