

Summer Menu 2021

EBR / APR 2021								MAI / MAY 2021								MEH / JUN 2021							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
			1	2	3	4							1	2			1	2	3	4	5	6	
5	6	7	8	9	10	11		3	4	5	6	7	8	9		7	8	9	10	11	12	13	
12	13	14	15	16	17	18	WK1	10	11	12	13	14	15	16	WK2	14	15	16	17	18	19	20	WK3
19	20	21	22	23	24	25	WK2	17	18	19	20	21	22	23	WK1	21	22	23	24	25	26	27	WK1
26	27	28	29	30			WK3	24	25	26	27	28	29	30	WK1	28	29	30					WK2
								31															

GOR / JULY 2021								AWS / AUG 2021								MEDI / SEPT 2021								HYD / OCT 2021								
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		LL/M	M/T	M/W	I/TH	G/F	S/S	S/S		
			1	2	3	4	WK2							1	WK1			1	2	3	4	5	WK2						1	2	3	WK3
5	6	7	8	9	10	11	WK3	2	3	4	5	6	7	8	WK2	6	7	8	9	10	11	12	WK1	4	5	6	7	8	9	10	WK1	
12	13	14	15	16	17	18	WK1	9	10	11	12	13	14	15	WK1	13	14	15	16	17	18	19	WK2	11	12	13	14	15	16	17	WK2	
19	20	21	22	23	24	25	WK2	16	17	18	19	20	21	22	WK2	20	21	22	23	24	25	26	WK3	18	19	20	21	22	23	24	WK3	
26	27	28	29	30	31			23	24	25	26	27	28	29	WK3	27	28	29	30					25	26	27	28	29	30	31		
								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	Beef Bolognaise Welsh Rarebit (1,3,7,10) Broccoli, Grated carrots Spaghetti (1) Garlic Bread (1,6,7) Chocolate Cornflake Crunch (1,7) Fruit Juice	Welsh Beef Burger (1,12) in a Bap (1,6,7) Breaded Veggie Burger (1,6,7) Bap (1,6,7) Salad / Coleslaw (3,10) Carrot Sticks Potato Wedges Golden Crunch Cookie (1,7) Milk (7)	Crispy Chicken Bites (1) Country Bakes (1,7) Baked Beans / Peas Pasta (1) Lemon Shortbread (1,7) Milk (7)
TUE	Home Baked Pizza (1,6,7) Quorn Sausage (1,3,7) Sweetcorn / Coleslaw (3,10) Potato Wedges Ice Cream (7) With Fruit Puree	Chicken Wraps (1,7) Hot Vegetable Wraps (1,7) Salad / Peas Vegetable Rice / Pasta Salad (1,3,10) Chocolate Brownie (1,3,7)	Beef Lasagne (1,7,10) Baked Bean Lasagne (1,7,10) Salad / Coleslaw (3,10) Garlic Bread (1,6,7) Fruit Salad / Fruit Yoghurt (7)
WED	Salmon Fishcake (1,4) Breaded Veggie Burger (1,3,7) Baked Beans / Peas Mashed Potatoes Fruity Muffin (1,3,7) Milk (7)	Homemade Baked Pizza (1,6,7) Country Bake (1,7) Coleslaw (3,10) Carrot & Cucumber Sticks Sauté / Jacket Potato Fruit Yoghurt (7)	Pork Sausage (1) Bap (1,6,7) Quorn Sausage (1,3,7) Bap (1,6,7) Vegetable Batons Herby Diced Potatoes Oaty Apple Bake (1) Fruit Juice
THURS	Roast Turkey (1) Country Bakes (1,7) Carrots / Green Beans Roast Potatoes Bara Brith (1,3,12) or Cheese (1,7) and Fruit Platter	Roast Beef / Gammon Macaroni Cheese (1,7,10) Carrots / Spring Cabbage Roast Potatoes Date & Sultana Loaf (1,3) Or Fruit Salad	Roast Chicken with Gravy (1) Cauliflower and Leek Bake (1,7,10) Carrots / Broccoli Roast Potatoes Orange and Lemon Muffin (1,3,7)
FRI	Breaded Salmon Fillet (1,4) Egg Salad Wrap (1,3,10) Cucumber & Carrot Sticks / Peas Chips / Jacket Potato Oat Cookies (1) Milk (7)	Salmon Fish Cake (1,4) Quorn Sausage (1,3,7) Baked Beans / Peas Chips Banana Flapjack (1) Fruit Juice	Breaded Salmon Fillet (1,4) Cheese and Tomato Omelette (3,7) Peas Chips Ice Cream (7) and Fruit Puree

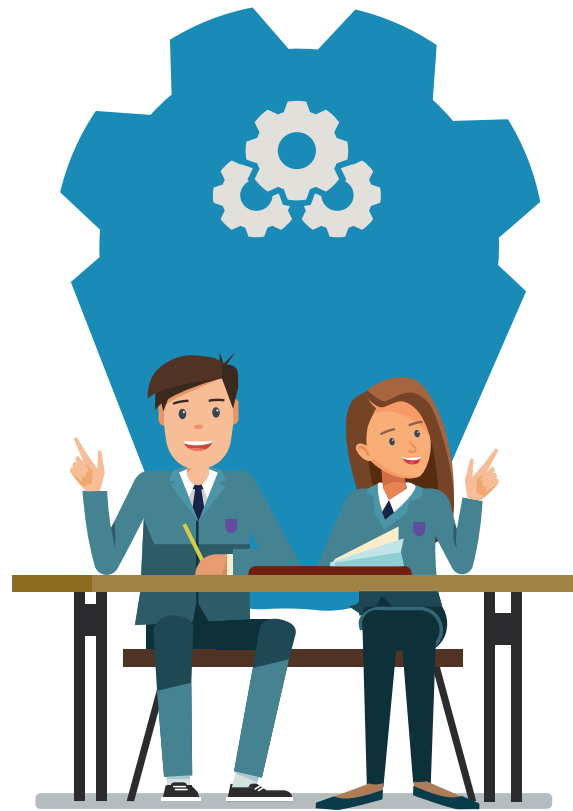
Allergen Information

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





We want children to eat well in school

The meal cost is £2.75 for infants and for juniors from 12/04/2021

Top up your Parent Pay account every Monday for the meals to be taken in the week.

Are you entitled to free school meals?

YOU COULD SAVE £500 PER YEAR FOR EACH CHILD

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 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 Welfare Rights 01492 576605.

Mon-Thur 9am to 5pm and Fri 9am to 4.45pm

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.

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Message for you.

Share your "School lunch Story" by email to catering@conwy.gov.uk or on the Conwy Council website 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.

