

# Summer Menu 2021

## 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.

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	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	1	2	3	4	5	6	7	
12	13	14	15	16	17	18	10	11	12	13	14	15	16	7	8	9	10	11	12	13	
19	20	21	22	23	24	25	17	18	19	20	21	22	23	24	15	16	17	18	19	20	21
26	27	28	29	30			24	25	26	27	28	29	30		21	22	23	24	25	26	27
														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																								
5	6	7	8	9	10	11	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23		
12	13	14	15	16	17	18	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
19	20	21	22	23	24	25	26	27	28	29	30	31																		

(Allergens shown in brackets)

		WEEK 1	WEEK 2	WEEK 3
	MON	Beef Bolognese 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

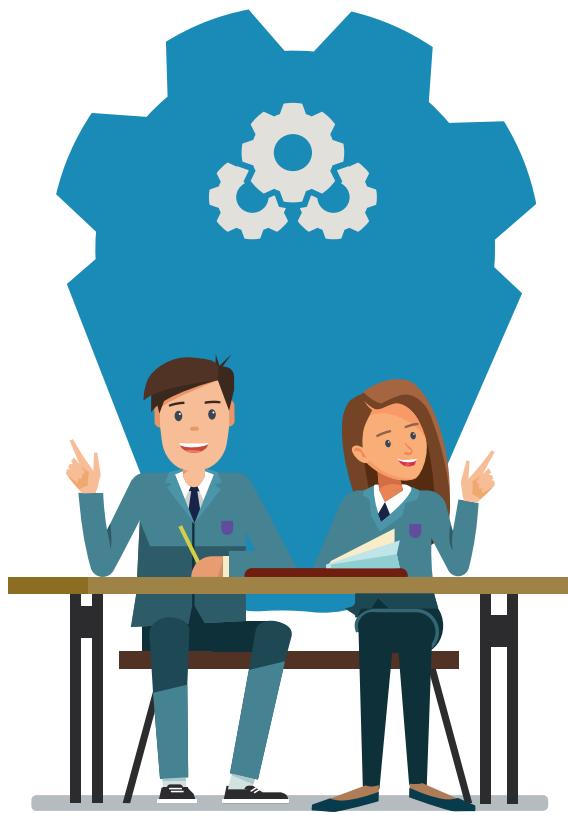
## Allergen Information

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](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 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](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.

