

Pembrokeshire Primary School Winter Menu 2019/20

TUESDAYS & THURSDAYS: Jacket potato with a choice of fillings (Tuna, Cheese & Baked beans), vegetables of the day with bread and butter

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	MAIN	Cod fillet fish fingers Creamed potatoes Baked beans	Beef lasagne Thick cut chips Garden peas	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Chicken curry with boiled rice Naan bread Sweetcorn	Bubble salmon Thick cut chips Baked beans
30/09/19	VEGETARIAN	Vegetable fingers	Italian vegetable pasta bake	Vegetarian sausage with Yorkshire pudding and gravy	Vegetable curry with boiled rice	Margarita pizza
21/10/19		Creamed potatoes	Thick cut chips	Creamed potatoes	Naan bread	Thick cut chips
18/11/19		Baked beans	Garden peas	Fresh carrots & broccoli	Sweetcorn	Baked beans
9/12/19		Chocolate & orange marble muffin with fruity water or Fresh fruit wedges	Yoghurt with fruit or Fresh fruit wedges	Apple sponge with custard or Fresh fruit wedges	Oat biscuit with fruit juice or Fresh fruit wedges	Creamy milk pudding or Fresh fruit wedges
13/01/20	DESSERT					
3/02/20	MAIN	Pork meatballs in a tomato sauce with pasta Garlic bread Sweetcorn	Minced beef and onion pie with gravy Thick cut chips Garden peas	Roast chicken fillet with stuffing and gravy Creamed potatoes Fresh carrots & broccoli	Fresh made cawl Fresh bread roll Chunk of cheese	Cod fillet fish fingers Thick cut chips Baked beans or Garden peas
2/03/20		Veggie balls in a tomato sauce with pasta Garlic bread Sweetcorn	Cheese and onion quiche Thick cut chips Garden peas or Baked beans	Lentil & vegetable bake with gravy Creamed potatoes Fresh carrots & broccoli	Cheesy beanie bake Garlic bread Sweetcorn & Garden peas	Margarita pizza Thick cut chips Baked beans or Garden peas
23/03/20		Jam sponge with custard or Fresh fruit wedges	Fruit sundae or Fresh fruit wedges	Flapjack with fruity water or Fresh fruit wedges	Chocolate sponge with custard or Fresh fruit wedges	Jelly with fruit or Fresh fruit wedges
27/04/20						
Week 2	MAIN					
7/10/19	VEGETARIAN	Pasta bolognaise Garlic bread Garden peas	Golden chicken strips served in a wrap Thick cut chips Baked beans or Sweetcorn	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Creamy chicken pie with gravy Boiled potatoes Farmhouse vegetables	Bubble salmon Thick cut chips Baked beans or Garden peas
4/11/19		Vegetable bolognaise Garlic bread Garden peas	Vegetable fajitas Thick cut chips Baked beans or Sweetcorn	Homemade Glamorgan patty with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Vegetarian sausage with gravy Boiled potatoes Farmhouse vegetables	Margarita pizza Thick cut chips Baked beans or Garden peas
25/11/19		Chocolate brownie with white sauce or Fresh fruit wedges	Raspberry ripple ice cream pot or Fresh fruit wedges	Peach & raspberry sponge with custard or Fresh fruit wedges	Fruit yoghurt jelly or Fresh fruit wedges	Shortbread biscuit with fruit juice or Fresh fruit wedges
16/12/19						
20/01/20	DESSERT					
10/02/20	MAIN	Pasta bolognaise Garlic bread Garden peas	Golden chicken strips served in a wrap Thick cut chips Baked beans or Sweetcorn	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Creamy chicken pie with gravy Boiled potatoes Farmhouse vegetables	Bubble salmon Thick cut chips Baked beans or Garden peas
9/03/20		Vegetable bolognaise Garlic bread Garden peas	Vegetable fajitas Thick cut chips Baked beans or Sweetcorn	Homemade Glamorgan patty with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Vegetarian sausage with gravy Boiled potatoes Farmhouse vegetables	Margarita pizza Thick cut chips Baked beans or Garden peas
30/03/20		Chocolate brownie with white sauce or Fresh fruit wedges	Raspberry ripple ice cream pot or Fresh fruit wedges	Peach & raspberry sponge with custard or Fresh fruit wedges	Fruit yoghurt jelly or Fresh fruit wedges	Shortbread biscuit with fruit juice or Fresh fruit wedges
Week 3	MAIN					
14/10/19	VEGETARIAN	Pasta bolognaise Garlic bread Garden peas	Golden chicken strips served in a wrap Thick cut chips Baked beans or Sweetcorn	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Creamy chicken pie with gravy Boiled potatoes Farmhouse vegetables	Bubble salmon Thick cut chips Baked beans or Garden peas
11/11/19		Vegetable bolognaise Garlic bread Garden peas	Vegetable fajitas Thick cut chips Baked beans or Sweetcorn	Homemade Glamorgan patty with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Vegetarian sausage with gravy Boiled potatoes Farmhouse vegetables	Margarita pizza Thick cut chips Baked beans or Garden peas
2/12/19		Chocolate brownie with white sauce or Fresh fruit wedges	Raspberry ripple ice cream pot or Fresh fruit wedges	Peach & raspberry sponge with custard or Fresh fruit wedges	Fruit yoghurt jelly or Fresh fruit wedges	Shortbread biscuit with fruit juice or Fresh fruit wedges
6/01/20						
27/01/20	DESSERT					
24/02/20	MAIN	Pasta bolognaise Garlic bread Garden peas	Golden chicken strips served in a wrap Thick cut chips Baked beans or Sweetcorn	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Creamy chicken pie with gravy Boiled potatoes Farmhouse vegetables	Bubble salmon Thick cut chips Baked beans or Garden peas
16/03/20		Vegetable bolognaise Garlic bread Garden peas	Vegetable fajitas Thick cut chips Baked beans or Sweetcorn	Homemade Glamorgan patty with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Vegetarian sausage with gravy Boiled potatoes Farmhouse vegetables	Margarita pizza Thick cut chips Baked beans or Garden peas
20/04/20		Chocolate brownie with white sauce or Fresh fruit wedges	Raspberry ripple ice cream pot or Fresh fruit wedges	Peach & raspberry sponge with custard or Fresh fruit wedges	Fruit yoghurt jelly or Fresh fruit wedges	Shortbread biscuit with fruit juice or Fresh fruit wedges