

# PRIMARY SCHOOL MENU ★ 29 APRIL - 22 JULY 2019

[www.cardiff.gov.uk/schoolcatering](http://www.cardiff.gov.uk/schoolcatering)  
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HALF TERM: 27 - 31 MAY

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKS COMMENCING: 29 APRIL / 20 MAY / 17 JUNE / 08 JULY

Cheese and Tomato Pizza (V)



Free Range Omelette (V)

Homemade Chicken Korma  
Vegetable Korma (V)  
Salmon Fish Fingers



Roast Beef  
Quorn Sausage (V)  
Yorkshire Pudding



Fish Fingers  
Vegetable Fingers (V)



Potato Wedges  
Garden Peas  
Baked Beans

Toast  
Baked Beans  
Cheese  
Salad

Rice  
New Potatoes  
Naan Bread  
Broccoli

New Potatoes/Creamed Potatoes  
Carrots/Garden Peas  
Gravy

Chipped Potatoes  
Garden Peas  
Baked Beans

Chocolate Muffin  
Fresh fruit  
Low Fat Yogurts

Apple & Cinnamon Crumble with Custard  
Fresh fruit  
Low Fat Yogurts

Fruity Oat Cookie  
Fresh fruit  
Low Fat Yogurts

Raspberry Ripple Ice Cream Roll  
with Mandarin Oranges  
Fresh fruit  
Low Fat Yogurts

Coconut Sponge with Custard  
Fresh fruit  
Low Fat Yogurts

WEEK 2

WEEKS COMMENCING: 06 MAY / 03 JUNE / 24 JUNE / 15 JULY

Pork Meatballs  
Vegetable Balls in Tomato Sauce

Pork Sausage  
Quorn Sausages (V)



Homemade Chicken Balti  
Vegetable Balti (V)  
Salmon Fish Fingers



Chicken Fillet  
Quorn Fillet (V)



Fish Bites  
Vegetable Nuggets (V)



Pasta  
Mixed Vegetables

Creamed Potatoes  
Carrots  
Garden Peas  
Gravy

Rice  
New Potatoes  
Sweetcorn

Roast Potatoes  
Carrots  
Broccoli  
Gravy

Chipped Potatoes  
Garden Peas

Chocolate Brownie  
Fresh fruit  
Low Fat Yogurts

Rice Pudding with Mixed Berries  
Fresh fruit  
Low Fat Yogurts

Banana and Raisin Muffin  
Fresh fruit  
Low Fat Yogurts

Flapjack  
Fresh fruit  
Low Fat Yogurts

Apple and Blackberry Crumble with Custard  
Fresh fruit  
Low Fat Yogurts

WEEK 3

WEEKS COMMENCING: 13 MAY / 10 JUNE / 01 JULY / 22 JULY

Hot Dog  
Quorn Hot Dog (V)

Pasta Bolognese  
Vegetable Pasta Bolognese (V)



Homemade Chicken Tikka  
Vegetable Tikka (V)  
Salmon Fish Fingers



Roast Turkey Breast  
Vegetable Nuggets (V)



Battered Pollock  
Country Vegetable Bake (V)



Potato Wedges  
Peas

Mixed Vegetables  
Salad

Rice  
New Potatoes  
Garden Peas

Creamed Potatoes/New Potatoes  
Carrots/Broccoli  
Gravy

Chipped Potatoes  
Garden Peas  
Salad

Raspberry Muffin  
Fresh fruit  
Low Fat Yogurts

Chocolate Sponge with Custard  
Fresh fruit  
Low Fat Yogurts

Jelly and Ice Cream with Peach Slices  
Fresh fruit  
Low Fat Yogurts

Chocolate Corn Flake Crisp  
Fresh fruit  
Low Fat Yogurts

Eves Pudding with Custard  
Fresh fruit  
Low Fat Yogurts

• V indicates Vegetarian Option

Available daily:

- Filled jacket potatoes, sandwiches, baguettes and pasta pots
- Unlimited vegetables #vegpower
- Additional fruit portion
- Bread basket



CERTIFIED  
SUSTAINABLE  
SEAFOOD  
MSC MML-C-1009  
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

