

Pembrokeshire Primary School Winter Menu 2018/19

Available daily - Jacket potato with cheese, beans or tuna

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1	MAIN	Pork meatballs in a homemade tomato and basil sauce with pasta Garlic slice Garden peas	Mexican beef taco boats Thick cut chips Mixed salad	Chicken fillet with stuffing and gravy Creamed potatoes Fresh carrots & cabbage	Mild chicken curry with boiled rice Naan bread Sweetcorn and peas	Bubble salmon Thick cut chips Baked beans or Garden peas
1/10/18	VEGETARIAN	Vegeballs in a homemade tomato and basil sauce with pasta Garlic slice Garden peas	Mixed bean taco boats Thick cut chips Mixed salad	Crispy top vegetarian pie with gravy Creamed potatoes Fresh carrots & cabbage	Sweet potato and chick pea curry with boiled rice Naan bread Sweetcorn and peas	Margarita Pizza Thick cut chips Baked beans or Garden peas
22/10/18	DESSERT	Chocolate pudding cake with white sauce OR Fresh fruit wedges	Warm raspberry flapjack OR Fresh fruit wedges	Fruit yoghurt jelly OR Fresh fruit wedges	Apple crumble cake with custard OR Fresh fruit wedges	Peach melba gateaux OR Fresh fruit wedges
14/01/19	DESSERT	Chocolate pudding cake with white sauce OR Fresh fruit wedges	Warm raspberry flapjack OR Fresh fruit wedges	Fruit yoghurt jelly OR Fresh fruit wedges	Apple crumble cake with custard OR Fresh fruit wedges	Peach melba gateaux OR Fresh fruit wedges
4/02/19	DESSERT	Chocolate pudding cake with white sauce OR Fresh fruit wedges	Warm raspberry flapjack OR Fresh fruit wedges	Fruit yoghurt jelly OR Fresh fruit wedges	Apple crumble cake with custard OR Fresh fruit wedges	Peach melba gateaux OR Fresh fruit wedges
Week 2	MAIN	Breaded chicken burger Tomato ketchup Thick cut chips Sweetcorn	Beef lasagne Garlic bread Mixed Salad	Sausages with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Freshly made turkey cawl Fresh bread roll with a chunk of cheese Baked beans	Cod fillet fish fingers Thick cut chips Baked beans or Garden peas
8/10/18	VEGETARIAN	Baked bean burger Tomato ketchup Thick cut chips Sweetcorn	Vegetarian noodles Garlic bread Mixed salad	Vegetarian sausage with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Cheese and potato pie Fresh bread roll Baked beans	Margarita pizza Thick cut chips Baked beans or Garden peas
5/11/18	VEGETARIAN	Baked bean burger Tomato ketchup Thick cut chips Sweetcorn	Vegetarian noodles Garlic bread Mixed salad	Vegetarian sausage with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Cheese and potato pie Fresh bread roll Baked beans	Margarita pizza Thick cut chips Baked beans or Garden peas
26/11/18	VEGETARIAN	Baked bean burger Tomato ketchup Thick cut chips Sweetcorn	Vegetarian noodles Garlic bread Mixed salad	Vegetarian sausage with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Cheese and potato pie Fresh bread roll Baked beans	Margarita pizza Thick cut chips Baked beans or Garden peas
17/12/18	VEGETARIAN	Baked bean burger Tomato ketchup Thick cut chips Sweetcorn	Vegetarian noodles Garlic bread Mixed salad	Vegetarian sausage with Yorkshire pudding and gravy Creamed potatoes Fresh carrots & broccoli	Cheese and potato pie Fresh bread roll Baked beans	Margarita pizza Thick cut chips Baked beans or Garden peas
21/01/19	DESSERT	Chocolate brownie with white sauce OR Fresh fruit wedges	Oat cookie with fruit juice OR Fresh fruit wedges	Chocolate orange marble muffin with fruity water OR Fresh fruit wedges	Ice cream roll with fruit OR Fresh fruit wedges	Jam sponge with custard OR Fresh fruit wedges
11/02/19	DESSERT	Chocolate brownie with white sauce OR Fresh fruit wedges	Oat cookie with fruit juice OR Fresh fruit wedges	Chocolate orange marble muffin with fruity water OR Fresh fruit wedges	Ice cream roll with fruit OR Fresh fruit wedges	Jam sponge with custard OR Fresh fruit wedges
Week 3	MAIN	Cowboy Brunch Pork sausage with scrambled egg Potato waffles Baked beans	Golden chicken strips served in a wrap Thick cut chips Sweetcorn or Coleslaw	Roast pork loin with apple sauce and gravy Creamed potatoes Cabbage & leek medley with Fresh carrots	Cottage pie Bread and butter Farmhouse vegetables	Bubble salmon Thick cut chips Garden peas or Baked beans
15/10/18	VEGETARIAN	Cowboy Brunch Vegetarian sausage with scrambled egg Potato waffles Baked beans	Vegetable fajitas Thick cut chips Sweetcorn or Coleslaw	Lentil and vegetable bake with gravy Creamed potatoes Cabbage & leek medley with Fresh carrots	Vegetable pasta bake Bread and butter Farmhouse vegetables	Margarita Pizza Thick cut chips Garden peas or Baked beans
12/11/18	VEGETARIAN	Cowboy Brunch Vegetarian sausage with scrambled egg Potato waffles Baked beans	Vegetable fajitas Thick cut chips Sweetcorn or Coleslaw	Lentil and vegetable bake with gravy Creamed potatoes Cabbage & leek medley with Fresh carrots	Vegetable pasta bake Bread and butter Farmhouse vegetables	Margarita Pizza Thick cut chips Garden peas or Baked beans
3/12/18	VEGETARIAN	Cowboy Brunch Vegetarian sausage with scrambled egg Potato waffles Baked beans	Vegetable fajitas Thick cut chips Sweetcorn or Coleslaw	Lentil and vegetable bake with gravy Creamed potatoes Cabbage & leek medley with Fresh carrots	Vegetable pasta bake Bread and butter Farmhouse vegetables	Margarita Pizza Thick cut chips Garden peas or Baked beans
7/01/19	VEGETARIAN	Cowboy Brunch Vegetarian sausage with scrambled egg Potato waffles Baked beans	Vegetable fajitas Thick cut chips Sweetcorn or Coleslaw	Lentil and vegetable bake with gravy Creamed potatoes Cabbage & leek medley with Fresh carrots	Vegetable pasta bake Bread and butter Farmhouse vegetables	Margarita Pizza Thick cut chips Garden peas or Baked beans
28/01/19	DESSERT	Lemon surprise pudding with custard OR Fresh fruit wedges	Peach & raspberry cobbler with custard OR Fresh fruit wedges	Fruit sundae OR Fresh fruit wedges	Chocolate rice krispie cake with fruity water OR Fresh fruit wedges	Apple pie with cream OR Fresh fruit wedges
18/02/19	DESSERT	Lemon surprise pudding with custard OR Fresh fruit wedges	Peach & raspberry cobbler with custard OR Fresh fruit wedges	Fruit sundae OR Fresh fruit wedges	Chocolate rice krispie cake with fruity water OR Fresh fruit wedges	Apple pie with cream OR Fresh fruit wedges