

Pembrokeshire Primary School Summer Menu 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1
5/06/17
MAIN
 Pork meatballs in tomato sauce with pasta
 Garlic bread
 Broccoli

Freshly filled chicken wrap
 Herby diced potatoes
 Crunchy coleslaw

Roast turkey with herb stuffing and gravy
 Creamed potatoes / Boiled potatoes
 Fresh carrots & peas

Minced beef pastry topped pie with gravy
 Creamed potatoes / Boiled potatoes
 Farmhouse vegetables

Fishy potato boats (Jacket potato stuffed with salmon, cheese & sweetcorn)
 Garlic dough balls
 Baked beans or Summer-slaw

26/06/17
VEGETARIAN
 Vegeballs in tomato sauce with pasta
 Garlic bread
 Broccoli

Dinner Jackets (Jacket potato with cheese, beans or cheese & beans)
 Bread roll
 Crunchy coleslaw

Vegetarian sausage with herb stuffing and gravy
 Creamed potatoes / Boiled potatoes
 Fresh carrots & peas

(Jacket potato with cheese, beans or cheese & beans)
 Bread roll
 Farmhouse vegetables

Margarita Pizza
 Thick cut chips
 Baked beans or Summer-slaw

17/07/17
VEGETARIAN
 Freshly made score with jam & cream
 or
 Fresh fruit wedges

Fruit sundae
 or
 Fresh fruit wedges

Freshly made score with jam & cream
 or
 Fresh fruit wedges

Chocolate waffle with custard
 or
 Fresh fruit wedges

Strawberry Angel Delight
 or
 Fresh fruit wedges

Week 2
12/06/17
MAIN
 Pembrokeshire pork patty in a roll
 Smiley faces
 Baked beans or Chopped tomatoes

Pasta bolognese
 Garlic bread
 Sweetcorn & Pea medley

Freshly cooked ham
 Creamed potatoes / Boiled potatoes
 Baked beans

Breaded chicken strips with tomato spaghetti
 Garlic bread
 Sweetcorn

Cod fillet fish finger
 Thick cut chips
 Crunchy coleslaw or Baked beans

3/07/17
VEGETARIAN
 Vegetarian sausage in a roll
 Smiley faces
 Baked beans or Chopped tomatoes

Cheese & tomato pasta bake
 Garlic bread
 Sweetcorn & Pea medley

Freshly made cheese and onion quiche
 Creamed potatoes / Boiled potatoes
 Baked beans

Dinner jackets (Jacket potato with cheese, beans or cheese and beans)
 Garlic bread
 Sweetcorn

Margarita pizza
 Thick cut chips
 Crunchy coleslaw or Baked beans

4/09/17
VEGETARIAN
 Chocolate brownie with strawberry milkshake
 or
 Fresh fruit wedges

Fruit salad with shortbread finger
 or
 Fresh fruit wedges

Blueberry muffin with fruit juice
 or
 Fresh fruit wedges

Fruity ice lolly
 or
 Fresh fruit wedges

Lemon drizzle cake with custard
 or
 Fresh fruit wedges

Week 3
19/06/17
MAIN
 Pembrokeshire beef grill
 Creamed potatoes / Boiled potatoes
 Baked beans

Chicken pitta pockets
 Thick cut chips
 Salad or Baked beans

Sausages with Yorkshire pudding and gravy
 Creamed potatoes / Boiled potatoes
 Fresh carrots & broccoli

Freshly made chicken curry with naan bread
 Boiled rice
 Garden peas

Bubble salmon
 Thick cut chips
 Cucumber & carrot sticks or Baked beans

Margarita Pizza
 Thick cut chips
 Cucumber & carrot sticks or Baked beans

10/07/17
VEGETARIAN
 Vegetable burger
 Creamed potatoes / Boiled potatoes
 Baked beans

Macaroni cheese
 Garlic bread
 Salad or Baked beans

Vegetarian sausage with Yorkshire pudding and gravy
 Creamed potatoes / Boiled potatoes
 Fresh carrots & broccoli

(Jacket potato with cheese, beans or cheese and beans)
 Bread roll
 Garden peas

Cucumber & carrot sticks or Baked beans

11/09/17
DESSERT
 Peach Melba sponge with custard
 or
 Fresh fruit wedges

Chocolate krispie cake with fruit juice
 or
 Fresh fruit wedges

Chewy oat cookie with milk
 or
 Fresh fruit wedges

Apricot shortbread slice with cream
 or
 Fresh fruit wedges

Pancakes with fruit and ice cream
 or
 Fresh fruit wedges