



PRIMARY SCHOOL MENU

AUTUMN 2023 / SPRING TERM 2024

www.cardiff.gov.uk/schoolcatering

@Cardiffschmeals



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OPTIONS	Cheese and Tomato Pizza	Bolognese and Garlic Bread	Chicken Korma and Naan Bread	Roast Sausage and Mash	Jumbo Fish Finger
	No-Whey Cheese and Tomato Pizza	Veggie Bolognese and Garlic Slice	Vegan Korma and Naan Bread	Plant Based Sausage and Mash	Bubble Coated Salmon Fish Fillet
AVAILABLE DAILY: Filled Jacket Potato - Fillings = tuna mayo, cheese, baked beans, cheese and baked beans. Fillings = baked beans, vegan cheese, vegan cheese and baked beans.					
CARBOHYDRATE	Herby Diced Potatoes New Potatoes	Pasta	Rice	Mashed Potato	Chips
VEGETABLES	Sweetcorn	Broccoli	Mixed Vegetables	Baked Beans	Baked Beans
	Salad	Salad	Salad	Peas	Peas
DESSERT	Cheese and Crackers	Jammie Jack	Vanilla Sponge with Mandarins	Jelly with Peach Slices	Chocolate Sponge
	Yoghurts Soya Vanilla Dessert				
AVAILABLE DAILY: Bread, Fruit					

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL OPTIONS	Vegetable Pasta Bake and Garlic Bread	BBQ Chicken Burger and Slaw	Beef Chilli	Roast Chicken Dinner with Gravy	Breaded Fish Fillet
	Vegetable Pasta Bake and Garlic Bread	BBQ Quorn Fillet Burger and Slaw	Veggie Chilli	Quorn Fillet Dinner with Gravy	Fishless Fingers
AVAILABLE DAILY: Filled Jacket Potato - Fillings = tuna mayo, cheese, baked beans, cheese and baked beans. Fillings = baked beans, vegan cheese, vegan cheese and baked beans.					
CARBOHYDRATE	Pasta	Savoury Rice	Rice	Roast Potatoes New Potatoes	Chips Mashed Potato
VEGETABLES	Peas	Peas	Mixed Vegetables	Broccoli	Baked Beans
	Carrots	Sweetcorn		Carrots	Peas
DESSERT	Cheese and Crackers	Peach Crisp	Jam and Coconut Sponge	Raspberry Ripple Ice Cream Roll with Mandarins	Chocolate Cookie
	Yoghurts Soya Vanilla Dessert				
AVAILABLE DAILY: Bread, Fruit					

- Suitable for vegetarians
- Suitable for plant-based diets or can be made for a plant-based diet
- Offered as a choice with Jacket Potato



*This menu has been analysed by the Welsh Local Government Association and is compliant to all food and nutritional standards contained in the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.