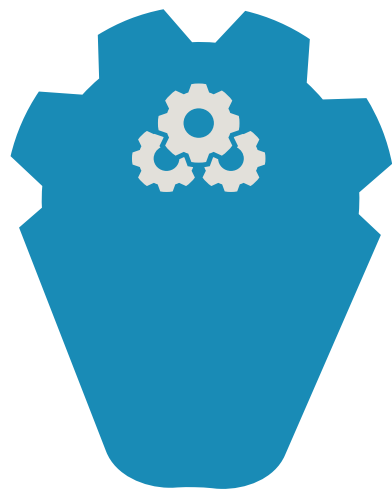




# Summer Menu 2021

| EBR / APR 2021 |     |     |      |     |     |     |
|----------------|-----|-----|------|-----|-----|-----|
| LL/M           | M/T | M/W | I/TH | G/F | S/S | S/S |
|                |     |     | 1    | 2   | 3   | 4   |
| 5              | 6   | 7   | 8    | 9   | 10  | 11  |
| 12             | 13  | 14  | 15   | 16  | 17  | 18  |
| 19             | 20  | 21  | 22   | 23  | 24  | 25  |
| 26             | 27  | 28  | 29   | 30  |     |     |

| MAI / MAY 2021 |     |     |      |     |     |     |
|----------------|-----|-----|------|-----|-----|-----|
| LL/M           | M/T | M/W | I/TH | G/F | S/S | S/S |
|                |     |     |      |     | 1   | 2   |
| 3              | 4   | 5   | 6    | 7   | 8   | 9   |
| 10             | 11  | 12  | 13   | 14  | 15  | 16  |
| 17             | 18  | 19  | 20   | 21  | 22  | 23  |
| 24             | 25  | 26  | 27   | 28  | 29  | 30  |
| 31             |     |     |      |     |     |     |

| MEH / JUN 2021 |     |     |      |     |     |     |
|----------------|-----|-----|------|-----|-----|-----|
| LL/M           | M/T | M/W | I/TH | G/F | S/S | S/S |
|                | 1   | 2   | 3    | 4   | 5   | 6   |
| 7              | 8   | 9   | 10   | 11  | 12  | 13  |
| 14             | 15  | 16  | 17   | 18  | 19  | 20  |
| 21             | 22  | 23  | 24   | 25  | 26  | 27  |
| 28             | 29  | 30  |      |     |     |     |

| GOR / JULY 2021 |     |     |      |     |     |     |
|-----------------|-----|-----|------|-----|-----|-----|
| LL/M            | M/T | M/W | I/TH | G/F | S/S | S/S |
|                 |     |     | 1    | 2   | 3   | 4   |
| 5               | 6   | 7   | 8    | 9   | 10  | 11  |
| 12              | 13  | 14  | 15   | 16  | 17  | 18  |
| 19              | 20  | 21  | 22   | 23  | 24  | 25  |
| 26              | 27  | 28  | 29   | 30  | 31  |     |

| AWS / AUG 2021 |     |     |      |     |     |     |
|----------------|-----|-----|------|-----|-----|-----|
| LL/M           | M/T | M/W | I/TH | G/F | S/S | S/S |
|                |     |     |      |     |     | 1   |
| 2              | 3   | 4   | 5    | 6   | 7   | 8   |
| 9              | 10  | 11  | 12   | 13  | 14  | 15  |
| 16             | 17  | 18  | 19   | 20  | 21  | 22  |
| 23             | 24  | 25  | 26   | 27  | 28  | 29  |
| 30             | 31  |     |      |     |     |     |

| MEDI / SEPT 2021 |     |     |      |     |     |     |
|------------------|-----|-----|------|-----|-----|-----|
| LL/M             | M/T | M/W | I/TH | G/F | S/S | S/S |
|                  |     |     | 1    | 2   | 3   | 4   |
| 5                | 6   | 7   | 8    | 9   | 10  | 11  |
| 12               | 13  | 14  | 15   | 16  | 17  | 18  |
| 19               | 20  | 21  | 22   | 23  | 24  | 25  |
| 26               | 27  | 28  | 29   | 30  |     |     |

| HYD / OCT 2021 |     |     |      |     |     |     |
|----------------|-----|-----|------|-----|-----|-----|
| LL/M           | M/T | M/W | I/TH | G/F | S/S | S/S |
|                |     |     |      | 1   | 2   | 3   |
| 4              | 5   | 6   | 7    | 8   | 9   | 10  |
| 11             | 12  | 13  | 14   | 15  | 16  | 17  |
| 18             | 19  | 20  | 21   | 22  | 23  | 24  |
| 25             | 26  | 27  | 28   | 29  | 30  | 31  |

(Allergens shown in brackets)

## Information



Llaeth y Llan  
Yogurts



We only use  
Welsh Beef



Welsh Beef  
Burgers from  
Edwards of Conwy



Henllan wholemeal  
bread is available  
daily



Pork Sausages  
from Edwards of  
Conwy made with  
Farm Assured Pork

This menu complies with the **Healthy Food in Schools Regulations 2013**. A drink of fresh water is available every day to all. Wholemeal bread and fresh fruit are available daily. Special diets are catered for, please contact the school cook in charge.  
**Conwy Education Catering Department**  
Tel: 01492 575586.

|       | WEEK 1                                                                                                                                                        | WEEK 2                                                                                                                                                                                  | WEEK 3                                                                                                                                           |
|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| MON   | Beef Bolognaise<br>Welsh Rarebit (1,3,7,10)<br>Broccoli, Grated carrots<br>Spaghetti (1) Garlic Bread (1,6,7)<br>Chocolate Cornflake Crunch (1,7) Fruit Juice | Welsh Beef Burger (1,12) in a Bap (1,6,7)<br>Breaded Veggie Burger (1,6,7) Bap (1,6,7)<br>Salad / Coleslaw (3,10) Carrot Sticks<br>Potato Wedges<br>Golden Crunch Cookie (1,7) Milk (7) | Crispy Chicken Bites (1)<br>Country Bakes (1,7)<br>Baked Beans / Peas<br>Pasta (1)<br>Lemon Shortbread (1,7) Milk (7)                            |
| TUE   | Home Baked Pizza (1,6,7)<br>Quorn Sausage (1,3,7)<br>Sweetcorn / Coleslaw (3,10)<br>Potato Wedges<br>Ice Cream (7) With Fruit Puree                           | Chicken Wraps (1,7)<br>Hot Vegetable Wraps (1,7)<br>Salad / Peas<br>Vegetable Rice / Pasta Salad (1,3,10)<br>Chocolate Brownie (1,3,7)                                                  | Beef Lasagne (1,7,10)<br>Baked Bean Lasagne (1,7,10)<br>Salad / Coleslaw (3,10)<br>Garlic Bread (1,6,7)<br>Fruit Salad / Fruit Yoghurt (7)       |
| WED   | Salmon Fishcake (1,4)<br>Breaded Veggie Burger (1,3,7)<br>Baked Beans / Peas<br>Mashed Potatoes<br>Fruity Muffin (1,3,7) Milk (7)                             | Homemade Baked Pizza (1,6,7)<br>Country Bake (1,7)<br>Coleslaw (3,10) Carrot & Cucumber Sticks<br>Sauté / Jacket Potato<br>Fruit Yoghurt (7)                                            | Pork Sausage (1) Bap (1,6,7)<br>Quorn Sausage (1,3,7) Bap (1,6,7)<br>Vegetable Batons<br>Herby Diced Potatoes<br>Oaty Apple Bake (1) Fruit Juice |
| THURS | Roast Turkey (1)<br>Country Bakes (1,7)<br>Carrots / Green Beans<br>Roast Potatoes<br>Bara Brith (1,3,12) or Cheese (1,7) and Fruit Platter                   | Roast Beef / Gammon<br>Macaroni Cheese (1,7,10)<br>Carrots / Spring Cabbage<br>Roast Potatoes<br>Date & Sultana Loaf (1,3)<br>Or Fruit Salad                                            | Roast Chicken with Gravy (1)<br>Cauliflower and Leek Bake (1,7,10)<br>Carrots / Broccoli<br>Roast Potatoes<br>Orange and Lemon Muffin (1,3,7)    |
| FRI   | Breaded Salmon Fillet (1,4)<br>Egg Salad Wrap (1,3,10)<br>Cucumber & Carrot Sticks / Peas<br>Chips / Jacket Potato<br>Oat Cookies (1) Milk (7)                | Salmon Fish Cake (1,4)<br>Quorn Sausage (1,3,7)<br>Baked Beans / Peas<br>Chips<br>Banana Flapjack (1) Fruit Juice                                                                       | Breaded Salmon Fillet (1,4)<br>Cheese and Tomato Omelette (3,7)<br>Peas<br>Chips<br>Ice Cream (7) and Fruit Puree                                |

## Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

### These are the 14 allergens:-

1. Cereals containing Gluten
2. Crustaceans
3. Eggs,
4. Fish
5. Peanuts
6. Soya
7. Milk
8. Nuts
9. Celery
10. Mustard
11. Sesame Seeds
12. Sulphur Dioxide
13. Lupin
14. Molluscs

