



Winter Menu 2021/22

TACH / NOV 2021							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1	1	2	3	4	5	6	7
WK2	8	9	10	11	12	13	14
WK3	15	16	17	18	19	20	21
WK1	22	23	24	25	26	27	28
WK2	29	30					

RHAG / DEC 2021							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	6	7	8	9	10	11	12
WK1	13	14	15	16	17	18	19
WK2	20	21	22	23	24	25	26
	27	28	29	30	31		

ION / JAN 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK3	3	4	5	6	7	8	9
WK1	10	11	12	13	14	15	16
WK2	17	18	19	20	21	22	23
WK3	24	25	26	27	28	29	30
WK1	31						

CHWE / FEB 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1		1	2	3	4	5	6
WK2	7	8	9	10	11	12	13
WK3	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
WK1	28						

MAW / MAR 2022							
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S	
WK1		1	2	3	4	5	6
WK2	7	8	9	10	11	12	13
WK3	14	15	16	17	18	19	20
WK1	21	22	23	24	25	26	27
WK2	28	29	30	31			

EBR / APR 2022						
LL/M	M/T	M/W	I/TH	G/F	S/S	S/S
WK2				1	2	3
WK2	4	5	6	7	8	9
	11	12	13	14	15	16
	18	19	20	21	22	23
	25	26	27	28	29	30

(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	Oven Baked Sausages (1) Breaded Quorn Burger (1,3,7) Baked Beans Creamed Potatoes (7) Rice Pudding with strawberry sauce (7)	Crispy Chicken Bites (1) Spanish Omelette (3) Baked Beans Pasta (1) Chocolate Sponge and sauce (1,3,6,7)	Crispy Chicken Bites (1) Hot Vegetable Wrap (1,7) Broccoli Pasta (1) Apple Sponge and Toffee Sauce (1,3,6,7)
TUE	Home Baked Pizza (1,6,7) Filled Jacket Potato (4) Sweetcorn / Salad Herby Diced Potatoes Yogurt with fresh fruit dippers (7)	Homemade Beef Meatballs in Sauce (1,3) Welsh Rarebit (1,3,6,7,10) Sweetcorn Rice / Pasta (1) Bara Brith (1,3,6,10)	Oven Baked Sausages and Onion Gravy (1,6,7) Country Bakes (1,7) Carrots / Peas Creamed Potatoes (7) Rice Pudding with Peaches (7)
WED	Lasagne (1,6,7,9,10) Cheese and Potato Pastie (1,7,10) Broccoli / Grated Carrot Spaghetti / Home Baked Garlic Bread (1,6,7) Cookie / Milk (1,6,7)	Welsh Beef Burger in a Bap (1,12) Breaded Quorn Burger in a Bap (1,3,7) Vegetable Batons Potato Wedges Golden Krispie Cake / Milk (1,7)	Home Baked Pizza (1,6,7) Tuna salad Wrap (1,3,4,10) Coleslaw (3,10) / Salad Bar Sauté Potatoes Fruit Yogurt & Apple Dippers (7)
THURS	Roast Chicken with Gravy (1,6,7) Cauliflower and Leek Bake (1,6,7,10) Carrots / Savoy Cabbage Roast Potatoes Date and Sultana Loaf (1,3,6,10,12) Fresh Fruit Salad/ Orange Juice	Roast Turkey with Gravy (1,6,7) Country Bakes (1,7) Carrots / Savoy Cabbage Roast Potatoes Fruit Flapjack (1,6) / Orange Juice	Roast Gammon / Beef Macaroni and Cheese (1,6,7,10) Carrots \ Green Beans Roast Potatoes Fruit and Cheese Platter (7) / Bara Brith / (1,3,6,10)
FRI	Breaded Salmon Fillet (1,4) Egg Salad Wrap (1,3,10) Vegetable Batons / Peas Chips Chocolate Brownie / Milk (1,3,6,7)	Youngs Breaded Pollock (1,4) Vegetable Quiche (1,3,6,7,10) Peas Chips / Jacket Potatoes Lemon and Orange Shortbread / Milk (1,6,7)	Breaded Salmon Fillet (1,4) Cheese and Potato Pastie (1,7) Baked Beans / Peas Chips Cereal Bar (1,7) / Fruit Juice

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

