

PRIMARY MENU



£2.25

Our weekly menus are served on a rotating four week basis please see below for dates when each menu is served.

Dear Parents/Guardians

Welcome to our new Autumn menu which has been created from the top 20 meals voted for by the whole school following a recent survey. We hope all year groups will enjoy the menu over the coming months. This menu will run from 6th November 2017 until 30th March 2018. All dates can be seen at the bottom of each week of the menu and at a quick glance on the right hand side of this page.

Catering staff in our kitchen have a list of allergen information to accompany this 4 week menu. All allergy requirements can be discussed with Vale Catering Services who will put together a specialist dietary menu to allow everyone to enjoy a healthy school meal. There is even a carbohydrate count of the menu for our diabetic diners.

Did we tell you we have a 5 star rating in our School Kitchen ©



Yours sincerely

School Council, Evenlode Primary School

Carole Tyley

Catering Manager, Vale Catering Services

Week One Week commencing... 6/11/17, 4/12/17, 15/1/18, 12/2/18, 19/3/18

Week Two Week commencing... 13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

Week Three Week commencing... 20/11/17, 18/12/17, 29/1/18, 5/3/18, 16/4/18

Week Four Week commencing... 27/11/17, 8/1/18, 5/2/18, 12/3/18, 23/4/18



For illustration purpose only

Baguettes and Jacket Potatoes are served as an alternative to the main meal; please check your school for details.

Vale Catering Services reserve the right to change products subject to availability.

Vale Catering Services
Civic Office, Holton Road, Barry,
Vale of Glamorgan, CF63 4RU

Carole Tyley, Catering Manager
029 20673037/07739 192432

ctyley@valeofglamorgan.gov.uk
www.valeofglamorgan.gov.uk

Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tikka Masala served with Rice, Naan Bread & Seasonal Vegetables	Roast Gammon with Chipped Potatoes & Peas or Baked Beans	Reduced Fat Sausages served with Yorkshire Pudding, Mashed Potatoes, Seasonal Vegetables & Gravy	Tomato & Basil Pasta Bake served with Garlic Bread & Fresh Seasonal Salad	Fish Fingers served with Chipped Potatoes, Baked Beans & Fresh Seasonal Salad
Fresh Fruit or American Pancake & Golden Syrup with Fruit Slices	Fresh Fruit or Homemade Flapjack & Fruit Slices	Fresh Fruit	Fresh Fruit or Homemade Chocolate Cake & Custard Sauce	Fresh Fruit or Homemade Vanilla Sponge & Custard Sauce

13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

WEEK2

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Salmon Crunchies or Birds Eye Fish Fingers served with Potato Smiles & Baked Beans or Peas	Chicken Korma served with Rice & Naan Bread & Salad Bar	Homemade Cheese Wheel served with Chipped Potatoes & Baked Beans or Salad Bar	Reduced Fat Sausages served with Mashed Potatoes & Peas in a Rich Gravy Sauce	Homemade Lasagne served with Seasonal Salad & Wholemeal Garlic Bread
Fresh Fruit or American Pancake & Golden Syrup with Fruit Slices	Fresh Fruit or Homemade Muffin & Custard Sauce	Fresh Fruit or Strawberry Mousse with Shortbread	Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce	Fresh Fruit or Ice Cream & Fruit Slices

13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

WEEK3

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato served with Cheese & Beans or Tuna Mayonnaise & Salad Bar	Wholemeal Pizza served with Chipped Potatoes & Salad Bar	Selection of Filled Tortilla Wraps served with Potato Smiles & Salad	All Day Breakfast including, Sausages, Bacon, Egg & Baked Beans or Tomatoes & Hash Brown	Homemade Pasta Bolognese served with Wholemeal Garlic Bread & Salad Bar
Fresh Fruit or Homemade Shortbread Fingers & Fruit Slices	Fresh Fruit or Homemade Chocolate Crunch & Chocolate Sauce	Fresh Fruit or Homemade Oat Cookie & Fruit Slices	Fresh Fruit	Fresh Fruit or Homemade Chocolate Sponge

20/11/17, 18/12/17, 29/1/18, 5/3/18, 16/4/18

WEEK4

Monday	Tuesday	Wednesday	Thursday	Friday
Birds Eye Fish Fingers or Salmon Crunchies served with Potato Smiles, Peas or Baked Beans	Pork Meatballs in a Rich Gravy Sauce served with Pasta & Broccoli	Hot Dogs served with Jacket Wedges. Baked Beans & Salad Bar	Chinese Sweet & Sour Chicken served with Rice or Noodles & Broccoli	Selection of Filled Baguettes served with Potato Smiles & Salad Bar
Fresh Fruit or Luxury Chocolate Cake & Custard Sauce	Fresh Fruit or Homemade Oat Cookie & Fruit Slices	Fresh Fruit or Homemade Ginger Cake with Vanilla Sauce	Fresh Fruit	Fresh Fruit or Homemade Shortbread Fingers

27/11/17, 8/1/18, 5/2/18, 12/3/18, 23/4/18

Bwydlen 1

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Tikka Masala Cyw Iâr gyda Reis Bara Naan a Llysiau Tymhorol	Gamwn Rhost gyda Sglodion a Phys neu Ffa Pob	Selsig Braster Isel gyda Phwdin Efrog, Thatws Stwnsh, Llysiau Tymhorol a Grefi	Pasta Tomato a Basil Pob gyda Bara Garlleg a Salad Ffres	Bysedd Pysgod gyda Sglodion, Ffa Pob a Salad Tymhorol
Ffrwythau ffres neu Gremrogen Americanaidd a Thriog Melyn gyda Thafelli o Ffrwythau	Ffrwythau Ffres neu Fflapjac Cartref a Ffrwythau	Ffrwythau Ffres	Ffrwythau Ffres neu Gacen Siocled Cartref a Saws Cwstard	Ffrwythau Ffres neu Gacen Fanila Gartref a Saws Cwstard

13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

WYTHNOS 2

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Eog Pob Crimp neu Fysedd Pysgod Birdseye gydag Wynebaw Tatws a Ffa Pob neu Bys	Korma cyw iâr gyda reis a bara naan a Bar Salad	Olwyn Gaws Gartref â Sglodion a Ffa Pob neu Far Salad	Peli Cig Porc mewn Grefi Blasus gyda Phasta a Phys	Lasagne Cartref gyda Salad Tymhorol a Bara Garlleg Blawd Gwenith Cyfan
Ffrwythau ffres neu Gremrogen Americanaidd a Thriog Melyn gyda Thafelli o Ffrwythau	Ffrwythau ffres neu fyffin cartref a saws cwstard	Ffrwythau ffres neu fws mefus gyda theisen frau	Ffrwythau Ffres neu Gacen Fanila Gartref a Saws Cwstard	Ffrwythau ffres neu Hufen Iâ a Ffrwythau

13/11/17, 11/12/17, 22/1/18, 26/2/18, 26/3/18

WYTHNOS 3

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Tatws trwy'u crwyn gyda Chaws a Ffa Pob neu Diwna a Mayo a Bar Salad	Pizza margarita ar does brown gyda sglodion a bar salad	Tortillas wedi'u llenwi ac wynebaw tatws a bar salad	Brecwast Drwy'r Dydd yn cynnwys selsig, bacwn, wy & ffa pob neu domatos & hash brown	Pasta bolognaise cartref gyda bara garlleg grawn cyflawn a Bar Salad
Ffrwythau ffres neu Deisen Frau cartref a Ffrwythau	Ffrwythau Ffres neu Gacen Fanila Gartref a Saws Cwstard	Ffrwythau ffres neu gwci ceirch cartref a Ffrwythau	Ffrwythau Ffres	Ffrwythau ffres neu Gacen Sbwng Siocled Gartref

20/11/17, 18/12/17, 29/1/18, 5/3/18, 16/4/18

WYTHNOS 4

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
Eog Pob Crimp neu Fysedd Pysgod Birdseye gydag Wynebaw Tatws a Ffa Pob neu Bys	Peli cig porc mewn grefi blasus gyda phasta a brocoli	Cŵn poeth gyda Lletemau Tatws Pob a Ffa Pob a bar salad	Cyw Iâr Sur a Melys Tsieineaidd â Reis neu Nwdls a Brocoli	Tortillas wedi'u llenwi ac wynebaw tatws a bar salad

Ffrwythau ffres neu gacen siocled foethus a saws cwstard

Ffrwythau ffres neu gwci ceirch cartref a Ffrwythau

Ffrwythau Ffres neu Gacen Sinsir Gartref â Saws Fanila

Ffrwythau Ffres

Ffrwythau ffres neu fyffin cartref a saws cwstard

27/11/17, 8/1/18, 5/2/18, 12/3/18, 23/4/18