

# Primary School Meals

## Week 1



**Vegetarian Option**

Vegetarian meals have no meat, just veggies, fruits, and grains!



**Star Choice**

1 of your 5 a day!  
How many stars can you get in a week?



**Welsh Produce**

Local food produced in Wales.

## Monday

Chicken Pie  
Or

✓ Tomato & Basil Pasta

### Sides

Mashed Potatoes  
Crusty Bread

★ Broccoli | ★ Sweetcorn

### Dessert

Flapjack  
& Fruit ✓

## Tuesday

★ Beef Burger Bap  
Or

★ ✓ Quorn Curry & Naan

### Sides

Fries | Rice

★ Baked Beans

★ Peas

### Dessert

Mini Donuts  
& Fruit ✓

## Wednesday

★ Pork Sausage  
Or

✓ Quorn Fillet

### Sides

Yorkshire Pudding  
Mashed Potatoes

★ Farmhouse Vegetables

### Dessert

Jam Sponge &  
Custard & Fruit ✓

## Thursday

★ Pasta Bolognaise  
Or

✓ Omelette

### Sides

Pasta

Filled Potato Skins

★ Broccoli | ★ Beans

### Dessert

Cocoa Cookie  
& Fruit ✓

## Friday

Fish Fingers  
Or

✓ Quorn Dippers

### Sides

Chips

★ Peas

★ Rainbow Salad

### Dessert

Jelly &  
Fruit ✓

## Available Daily

Filled Jacket Potatoes ✓

Sandwiches are available on:

Tuesday and Thursday

★ Yoghurt and Fruit ✓

Special dietary requirements can be catered for contact

[schoolmeals@wrexham.gov.uk](mailto:schoolmeals@wrexham.gov.uk)



**Vegetarian Option**: Excludes meat, poultry, and fish, but may include dairy products, eggs, and honey.

A filled jacket potato or a cheese, tuna or ham sandwich can be pre-ordered as an alternative main course choice.

★ Yoghurt, fresh or tinned fruit will be offered as an alternative dessert.

Menu may be subject to change.

Did you know...  
Your food is  
**Welsh?**



Please visit  
our website  
for more  
information



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### Monday

Pulled Pork Bap  
Or  
v Cheese & Bean Pasty

#### Sides

- Skin on Fries
- \* Corn on the Cob
- \* Baked beans

#### Dessert

Angel Whirl  
& Fruit v

### Tuesday

Chicken Curry & Naan  
Or  
v Quorn Dippers

#### Sides

- Savoury Rice
- \* Broccoli
- \* Mixed Veg

#### Dessert

Shortbread  
& Fruit v

### Wednesday

\* Meatballs in Tomato Sauce  
Or  
v Macaroni Cheese

#### Sides

- Garlic Bread
- \* Peas
- \* Sweetcorn

#### Dessert

Ice Cream  
& Fruit v

### Thursday

Roast Chicken & Stuffing  
Or  
v Quorn Fillet

#### Sides

- Mashed Potatoes
- \* Farmhouse Vegetables

#### Dessert

Chocolate Sponge  
& Chocolate  
Sauce & Fruit v

### Friday

Salmon Fillet  
Or  
v Chicago Town Pizza

#### Sides

- Chips
- Coleslaw
- \* Peas

#### Dessert

Krispie Cake  
& Fruit v

### Available Daily

Filled Jacket Potatoes v  
Sandwiches are available on:  
Tuesday and Thursday  
\* Yoghurt and Fruit v

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