

Hot Food Options - WEEK 1

Ffres 

Gweinir gan Gyngor Sir Caerfyrddin
Served by Carmarthenshire County Council

| | MEALS | SIDES | MEAL DEAL |
|-----------|--|--|---|
| MONDAY | <p>Chicken Balti (gf) or Vegetable Balti (vegan/gf) Fish fingers Pizza slice (v) Sponge & Custard £1.00 All main meals served with veg and choice of potatoes £2.00</p> | <p>Naan bread (vegan), Rice, Chips £1.45, Baked Potatoes £1.00 Sweetcorn, baked beans 0.60</p> | <p>Balti, Rice, Naan & Veg with a Muffin or Fruit £2.50</p> |
| TUESDAY | <p>Beef Bolognese (gf) or Vegetable Bolognese (vegan) BBQ pulled pork rolls Paninis – See counter for todays choices from £2.20 All main meals served with veg and choice of potatoes £2.00</p> | <p>Spaghetti or GF pasta (V) 0.85 Oven baked Potato wedges (gf/V) Baked potatoes 1.00 Baked Beans, Mixed Vegetables 0.60</p> | <p>Spag Bol, Garlic Bread Mixed Veg and a Cookie or Fruit £2.50</p> |
| WEDNESDAY | <p>Roast Turkey or Vegetarian Roast Hot Turkey Baguettes with optional stuffing and gravy Cheese & Tomato Pasta Bake Rice pudding £1.00 All main meals served with veg and choice of potatoes £2.00</p> | <p>Yorkshire puddings and Homemade stuffing Homemade Gravy – Turkey and vegetarian(gf) Carrots, Peas and Broccoli 0.60</p> | <p>Roast Turkey and Stuffing or Vegetable Roast, with Roast & Mashed Potatoes, Vegetables and Gravy and a Biscuit or Fruit £2.50</p> |
| THURSDAY | <p>Homemade Chicken Pie or Homemade Vegetable Pie Ham Pasta Carbonara Cheese & Tomato Pizza Slice All main meals served with veg and choice of potatoes £2.00</p> | <p>Mashed Potatoes, Baked potatoes £1.00 Sweetcorn and Carrots 0.60</p> | <p>Pie, Mash and Vegetables with a Cookie or Fruit £2.50</p> |
| FRIDAY | <p>Battered cod fillet Beef burger or Veggie burger in a roll Sweet & Sour chicken (gf) or Sweet & Sour vegetables (gf/vegan) Chocolate sponge & Sweet White Sauce £1.00 All main meals served with veg and choice of potatoes £2.00</p> | <p>Rice, Chips £1.45, Baked potatoes £1.00 Peas and Baked Beans 0.60</p> | <p>Cod, Chips, Peas or Beans with a Cookie or Fruit £2.50</p> |

Our catering team are dedicated to ensure you receive the best possible service. If for any reason you are not entirely satisfied with your purchase, please bring it to our immediate attention! We aim to cater for all dietary requirements where possible. However, we do request a certain level of communication and pre-ordering is advisable to avoid disappointment. We also welcome any feedback you may have along with any ideas or suggestions for the future menus.



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Hot Food Options - WEEK 2

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MEALS

SIDES

MEAL DEAL

MONDAY

NEW Vinegar infused Salmon
Chicken Tikka (gf) or Vegetable Tikka (Vegan)
Cheese & Tomato Pizza Slice (V)
Lemon Drizzle & Custard £1.00

All main meals served with veg and choice of potatoes £2.00

Rice, Chips £1.45, Baked Potato

Naan Bread (Vegan)

Peas, Baked Beans

Tikka, Rice, Naan & Veg with a Biscuit or Fruit

£2.50

TUESDAY

NEW Beef Lasagne or **NEW** Vegetable Lasagne (V)
Oven Baked Jumbo Sausage rolls
NEW Filled Baked Potatoes – Cheese, Beans, Coleslaw, Tuna Mayo, Chicken Mayo

All main meals served with veg and choice of potatoes £2.00

Sweetcorn, Baked Beans 0.60

Garlic Bread 0.50, Baked Potato £1.00

Lasagne, Garlic Bread & Veg or Salad with a Muffin or Fruit

£2.50

WEDNESDAY

Roast Beef or Vegetarian Roast
Cheese & Tomato Pasta bake (Vegan & GF option available to pre-order)
Hot Turkey Baguettes with optional Stuffing & Gravy

All main meals served with veg and choice of potatoes £2.00

Yorkshire puddings

Carrots, Peas & Green Beans 0.60

Homemade Beef of Vegetarian (gf) Gravy

Mashed & Roast potatoes 0.60

Roast Beef and Yorkshire Pud or Vegetable Roast, with Roast & Mashed Potatoes, Vegetables and Gravy and a Biscuit or Fruit

£2.50

THURSDAY

NEW Homemade Beef or Vegetable (Vegan) Cawl
Meatballs or Veggie balls in a Tomato Sauce
Cheese and Tomato Pizza Slice
Paninis – Cheese, Cheese & Ham, BBQ Chicken
All main meals served with veg and choice of potatoes £2.00

Spaghetti 0.85

Garlic Bread 0.50, ½ baguettes, Baked Potato £1.00

Mixed Vegetables, Sweetcorn 0.60

Homemade Cawl, ½ Baguette & Cheese with a Flapjack or Fruit

£2.50

FRIDAY

Jumbo Cod Fish finger
Homemade Chicken or Vegetable Korma (gf)
Oven Baked Chicken or Veggie Burger in a Roll
NEW Hot Pizza Wraps (V)
Sponge and Custard £1.00
All main meals served with veg and choice of potatoes £2.00

Chips £1.45, Rice 0.85, Baked Potato £1.00, Naan Bread (vegan)

Baked Beans or Peas 0.60

Fish Finger, Chips, Peas or Beans with a Cookie or Fruit

£2.50

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Hot Food Options - WEEK 3

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| | MEALS | SIDES | MEAL DEAL |
|------------------|---|---|---|
| MONDAY | <p>'Uncle Bens' Sweet & Sour Chicken (gf) or Vegetables (vegan/gf)</p> <p>Oven Baked Battered Cod</p> <p>Cheese & tomato Pizza Slice (V)</p> <p>All main meals served with veg and choice of potatoes £2.00</p> | <p>Chips £1.45, Rice 0.85, Baked Potato £1.00</p> <p>Baked Beans, Peas 0.60</p> | <p>Sweet & Sour, Rice and Peas with a Chocolate Cookie or Fruit</p> <p>£2.50</p> |
| TUESDAY | <p>Beef (gf) or Quorn Bolognese (Vegan)</p> <p>Foot Long Hotdog</p> <p>Homemade Cheese & Potato Pie</p> <p>All main meals served with veg and choice of potatoes £2.00</p> | <p>Spaghetti (or GF pasta) 0.85,</p> <p>Baked Potato £1.00, Garlic Bread 0.50</p> <p>Baked Beans, Mixed Vegetables 0.60</p> | <p>Spag Bol, Veg & Garlic Bread with a Muffin or Fruit</p> <p>£2.50</p> |
| WEDNESDAY | <p>Roast Turkey or Vegetarian Roast</p> <p>Hot Turkey or Baguettes with optional stuffing and gravy</p> <p>Hot Pork Rolls with optional stuffing and gravy</p> <p>All main meals served with veg and choice of potatoes £2.00</p> | <p>Yorkshire puddings and Homemade stuffing</p> <p>Homemade Gravy – Turkey and vegetarian(gf)</p> <p>Carrots, Peas and Swede 0.60</p> | <p>Roast Turkey and Stuffing or Vegetable Roast, with Roast & Mashed Potatoes, Vegetables and Gravy and Biscuit or Fruit</p> <p>£2.50</p> |
| THURSDAY | <p>Beef or Quorn Mild Chilli (gf)</p> <p>NEW Chicken Fajitas</p> <p>Cheese & Tomato Pizza Slice (V)</p> <p>All main meals served with veg and choice of potatoes £2.00</p> | <p>Oven Baked Wedges £1.45, Rice 0.85, Baked Potato £1.00, Garlic Bread</p> <p>Baked Beans, Sweetcorn 0.60</p> | <p>Mild Chilli, Rice, Veg & Garlic Bread with a Biscuit or Fruit</p> <p>£2.50</p> |
| FRIDAY | <p>Jumbo Cod Fish Finger</p> <p>Chicken or Vegetable (vegan) Tikka (gf)</p> <p>Oven Baked Chicken or Veggie Burger in a Roll</p> <p>Chocolate Sponge and Chocolate Custard £1.00</p> <p>All main meals served with veg and choice of potatoes £2.00</p> | <p>Chips £1.45, Rice 0.85, Baked Potato £1.00</p> <p>Naan Bread (vegan)</p> <p>Peas, Beans 0.60</p> | <p>Vinegar Infused Salmon, Chips, Peas with a Hot Pudding</p> <p>£2.50</p> |

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Cold Food options available daily

Filled wraps and baguettes

Choices include

Cheese (V)

Cheese & Ham

Ham

Chicken tikka, BBQ chicken,

NEW Sweet Chilli Chicken

Chicken Mayo,

NEW Chicken & Bacon

Tuna Mayo

Salad (vegan)

FROM £1.65 – Please see today's selection



Gluten free rolls are available but would need to be pre ordered.

Cold food

Cold pasta

See fridge for today's choices - £2.25



Gluten free pasta is available but would need to be pre ordered

Coleslaw

Mixed Salad £2.00

Cheese 0.70

Fruit and dessert

Apples 0.55

Bananas 0.55

Fruit pots
(melon, pineapple and grapes) 1.00

Llaeth y Llan yogurts 0.75

Alpro soya yogurts 0.75

Various homemade cold puddings including:

Jelly 0.70

Flapjacks 0.70

Brownies 0.70

Biscuits 0.55

Cookies 0.55

Muffins 0.80

Sponges from 0.65

Cheesecakes £1.00

Not all puddings are available daily, but each will feature throughout the week.



Gluten Free and Vegan choices are available with suitable notice. Please speak to a member of catering for more information.

