



2026 Primary School Menu



Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 - 05/01, 02/02, 09/03, 20/04, 18/05, 22/06, 31/08, 28/09, 02/11, 30/11					
Main Meal	Pork Sausage or Vegetarian Sausage, Scrambled egg & Hash Browns With Baked beans & Peas OR Cheese Sandwich	Pasta Bolognese or Macaroni Cheese with Salad & Sweetcorn OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Roast Turkey with stuffing or Carrot & Lentil Slice, Mashed Potato & Gravy with Carrots & Broccoli OR Tuna Mayo Sandwich (Cheese vegetarian option)	Mexican Chicken or Cajun Bean Burrito & Rice with Peas & Salad OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Fish Fingers or Margarita Pizza & Chips With Baked Beans & Carrot Sticks OR Cheese Sandwich
Dessert	Apple Sponge and custard	Yoghurt with Fruit cocktail	Blueberry Muffin	Chocolate Brownie with Fruit	Sultana Oaty Biscuit
Week 2 - 12/01, 09/02, 16/03, 27/04, 01/06, 29/06, 07/09, 05/10, 09/11, 07/12					
Main Meal	Pork Meatballs or Veggie balls in tomato sauce & Pasta with Sweetcorn & Carrot sticks OR Cheese Sandwich	Mild Chicken Curry or Vegetable curry & Rice with Peas & Sweetcorn OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Roast Chicken with stuffing or Glamorgan slice, Mashed Potato & Gravy with Carrots & Broccoli OR Tuna Mayo Sandwich (Cheese vegetarian option)	Cottage pie or Vegetarian cottage pie & Roast potato with Mixed vegetables & Peas OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Fish Fingers or Margarita Pizza & Chips with Baked Beans & Carrot Sticks OR Cheese Sandwich
Dessert	Fruity Flapjack	Orange Jelly with mandarins	Shortbread Biscuit with Fruit	Yoghurt with Fruit cocktail	Chocolate & Banana muffin
Week 3 - 19/01, 23/02, 23/03, 04/05, 08/06, 06/07, 14/09, 12/10, 16/11, 14/12					
Main Meal	Hot Dog or Veggie Hot Dog, Chips & Ketchup with Sweetcorn & Coleslaw OR Cheese Sandwich	Chicken pasta bake or Tomato & Basil pasta with Peas & Salad OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Braised beef & Yorkshire pudding or Vegetable Crumble, Mashed Potato & Gravy with Carrots & Broccoli OR Tuna Mayo Sandwich (Cheese vegetarian option)	Breaded Chicken or Veggie nuggets with Katsu sauce dip & Rice with Mixed vegetables & Peas OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Salmon Fish Fingers or Margarita Pizza & Chips With Baked Beans & Carrot Sticks OR Cheese Sandwich
Dessert	Chocolate sponge and custard with mandarins	Yoghurt with Fruit cocktail	Apple Muffin	Chocolate Krispie Cake with Fruit	Oaty Cookie with fruit
Week 4 - 26/01, 02/03, 13/04, 11/05, 15/06, 13/07, 21/09, 19/10, 23/11					
Main Meal	Beef Pasta bake or Cheese & Broccoli Pasta Bake with Peas & Sweetcorn OR Cheese Sandwich	Chicken wrap or Vegetable nugget wrap & Chips with Carrot sticks & Coleslaw OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Pork Sausage or Vegetarian Sausage, Mashed Potato & Gravy with Carrot & Broccoli OR Tuna Mayo Sandwich (Cheese vegetarian option)	BBQ chicken or Sweet Potato & Chickpea curry & Rice with Sweetcorn & Peas OR Jacket Potato filled with cheese, baked beans or tuna mayonnaise	Fish Fingers or Margarita Pizza & Chips with Baked Beans & Carrot Sticks OR Cheese Sandwich
Dessert	Flapjack with fruit	Peach Sponge & Custard	Yoghurt with Fruit cocktail	Marble Muffin with fruit	Apple Oaty Cookie

Available daily: Fruit wedges or Whole Fruit
Sandwich and Jacket potato option are served with the Vegetables/salad of the day
Occasionally due to circumstances beyond our control it may be necessary to change or replace some menu items or ingredients.

For special diet requests please e-mail: Special.diets@pembrokeshire.gov.uk