



Queen Elizabeth High School

Ysgol Uwchradd Y Frenhines Elisabeth



School Canteen

Winter Menu

2023





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.

THE CARMARTHENSHIRE COUNTY COUNCIL CATERING TEAM



Hot Food Week 1

Monday 1

Chicken Balti (gf)
Vegetable Balti (vegan/gf)
Fish fingers
Pizza slice (v)
Naan bread (vegan)
Rice, Chips, Baked Potatoes
Sweetcorn, baked beans.
Sponge & Custard

MEAL DEAL – BALTI, RICE, NAAN & VEG with a MUFFIN or FRUIT

Tuesday 1

Beef Bolognese (gf)
Vegetable Bolognese (vegan)
Spaghetti or GF pasta (V)
Oven baked Potato wedges (gf/V) Baked potatoes
BBQ pulled pork rolls
Baked Beans, Mixed Vegetables
Paninis – Cheese (V), Cheese & Ham and Chicken Tikka

MEAL DEAL – SPAG BOL, GARLIC BREAD MIXED VEG and a COOKIE or FRUIT

Wednesday 1

Roast Turkey or Vegetarian Roast
Oven baked Pork or Vegetarian Sausages
Yorkshire puddings and Homemade stuffing
Homemade Gravy – Turkey and vegetarian (gf)
Carrots, Peas and Broccoli
Mashed potatoes and Roast potatoes
Hot Turkey Baguettes with optional stuffing and gravy
Cheese & Tomato Pasta Bake
Rice pudding.

MEAL DEAL – ROAST TURKEY AND STUFFING or VEGETABLE ROAST, WITH ROAST & MASHED POTATOES, VEGETABLES AND GRAVY and a BISCUIT or FRUIT

Thursday 1

Homemade Chicken Pie
Homemade Vegetable Pie
Ham Pasta Carbonara
Mashed Potatoes, Baked potatoes
Sweetcorn and Carrots
Cheese & Tomato Pizza Slice,
Garlic bread
Paninis – Cheese, Cheese & Ham, BBQ Chicken

MEAL DEAL – PIE, MASH AND VEGETABLES with a COOKIE or FRUIT

Friday 1

Battered cod fillet
Beef burger or Veggie burger in a roll
Chicken tikka (gf) or vegetable Tikka (v)
Rice, Chips, Baked potatoes
Peas and Baked Beans
Pizza Paninis
Chocolate sponge & Sweet White Sauce

MEAL DEAL – COD, CHIPS, PEAS or BEANS with a COOKIE or FRUIT

Hot Food Week 2

Monday 2

NEW Vinegar infused Salmon
Chicken Balti (gf)
Vegetable Balti (Vegan)
Cheese & Tomato Pizza Slice (V)
Rice, Chips, Baked Potato
Naan Bread (Vegan)
Peas, Baked Beans
Lemon Drizzle & Custard

**MEAL DEAL – TIKKA, RICE, NAAN & VEG
with a BISCUIT or FRUIT**

Tuesday 2

NEW Beef Lasagne
NEW Vegetable Lasagne (V)
Oven Baked Jumbo Sausage rolls
Sweetcorn, Baked Beans
Garlic Bread, Baked Potato
NEW Filled Baked Potatoes – Cheese, Beans,
Coleslaw, Tuna Mayo, Chicken Mayo
Paninis – Pizza, Chicken Tikka, Cheese & Ham

**MEAL DEAL – LASAGNE, GARLIC BREAD &
VEG or SALAD with a MUFFIN or FRUIT**

Wednesday 2

Roast Beef or Vegetarian Roast
Cheese & Tomato Pasta bake (Vegan & GF option
available to pre-order)
Hot Turkey Baguettes with optional Stuffing &
Gravy
Yorkshire puddings
Carrots, Peas & Green Beans
Homemade Beef or Vegetarian (gf) Gravy
Mashed & Roast potatoes
Rice Pudding

**MEAL DEAL – ROAST BEEF AND YORK-
SHIRE PUD or VEGETABLE ROAST, WITH
ROAST & MASHED POTATOES,
VEGETABLES AND GRAVY and a BISCUIT or
FRUIT**

Thursday 2

NEW Homemade Beef or Vegetable (Vegan)
Cawl
Meatballs or Veggie balls in a Tomato Sauce
Spaghetti
Garlic Bread, ½ baguettes, Baked Potato
Mixed Vegetables, Sweetcorn
Cheese and Tomato Pizza Slice
Paninis – Cheese, Cheese & Ham, BBQ
Chicken

**MEAL DEAL – HOMEMADE CAWL, ½
BAGUETTE & CHEESE with a FLAPJACK
or FRUIT**

Friday 2

Jumbo Cod Fish finger
Homemade Chicken or Vegetable Korma
(gf)
Oven Baked Chicken or Veggie Burger in a
Roll
NEW Hot Pizza Wraps (V)
Chips, Rice, Baked Potato, Naan Bread
(vegan)
Baked Beans or Peas
Sponge and Custard

**MEAL DEAL – FISH FINGER, CHIPS,
PEAS or BEANS with a COOKIE OF
FRUIT**

Hot Food Week 3

Monday 3

'Uncle Bens' Sweet & Sour Chicken (gf) or Vegetables (vegan/gf)

Oven Baked Battered Cod

Cheese & tomato Pizza Slice (V)

NEW Chicken and Sweetcorn noodle soup

Chips, Rice, Baked Potato

Baked Beans, Peas

Fruit Crumble and Custard

MEAL DEAL – SWEET & SOUR, RICE and PEAS with a CHOCOLATE COOKIE or FRUIT

Tuesday 3

Beef (gf) or Quorn Bolognese (Vegan)

Foot Long Hotdog

Homemade Cheese & Potato Pie

Spaghetti (or GF pasta), Baked Potato, Garlic Bread

Baked Beans, Mixed Vegetables

Paninis – Cheese, Cheese & Ham, BBQ chicken

MEAL DEAL – SPAG BOL, VEG & GARLIC BREAD with a MUFFIN or FRUIT

Wednesday 3

Roast Turkey or Vegetarian Roast

Oven baked Pork or Vegetarian Sausages

Yorkshire puddings and Homemade stuffing

Homemade Gravy – Turkey and vegetarian(gf)

Carrots, Peas and Swede

Mashed potatoes and Roast potatoes

Hot Turkey or Baguettes with optional stuffing and gravy

Hot Pork Rolls with optional stuffing and gravy

Cheese & Tomato Pasta Bake

Rice pudding.

MEAL DEAL – ROAST TURKEY AND STUFFING or VEGETABLE ROAST, WITH ROAST & MASHED POTATOES, VEGETABLES AND GRAVY and BISCUIT or FRUIT

Thursday 3

Beef or Quorn Mild Chilli (gf)

NEW Chicken Fajitas

Cheese & Tomato Pizza Slice (V)

Oven Baked Wedges, Rice, Baked Potato, Garlic Bread

Baked Beans, Sweetcorn

Paninis – Cheese, Cheese & Ham, Chicken Tikka

MEAL DEAL – MILD CHILLI, RICE, VEG & GARLIC BREAD with a BISCUIT or FRUIT

Friday 3

Vinegar infused Salmon, Jumbo Cod Fish Finger

Chicken or Vegetable (vegan) Tikka (gf)

Oven Baked Chicken or Veggie Burger in a Roll

Chips, Rice, Baked Potato

Naan Bread (vegan)

NEW Hot Pizza wraps

Peas, Beans

Chocolate Sponge and Chocolate Custard

MEAL DEAL – VINEGAR INFUSED SALMON, CHIPS, PEAS with a HOT PUDDING

Available Daily Cold Food

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)

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

Cold pasta either plain or in a tomato and herb sauce

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

Coleslaw

Mixed Salad

Cheese

Apples, Bananas, fruit pots (seasonal mixed fruit)

Llaeth y Llan yogurts & Alpro soya yogurts

Various homemade cold puddings including Jelly, flapjacks, brownies, biscuits, cookies, muffins, sponges, cheesecakes, scones etc. 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.