


# Powys Catering Primary 2014

	Weeks Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	12th May 2014 9th June 2014 30th June 2014 1st Sept 2014 22nd Sept 2014 13th Oct 2014	Homemade Beef Bolognese Vegetable Mince Bolognese  Pasta Garlic Bread Mixed Vegetables  Ring Doughnut or Fresh Fruit (40% Less Fat)	Chicken Grill Cheese & Vegetable Bake  Mashed Potatoes Baked Beans  Fruit Muffin or Fresh Fruit	Vinegar Infused Fish Meat Free Pasty Salad Potatoes with a Choice of two Vegetables Tomato Ketchup  Chocolate & Pear Sponge & Chocolate Sauce or Fresh Fruit	Roast Pork & Apple Sauce Vegetable Sausage  Roast & Mashed Potatoes Choice of two Vegetables Gravy  Fruit & Cream or Fresh Fruit	Fish Finger Fillet or Salmon Fillet Cheese Omelette  Chipped Potatoes Peas or Baked Beans  Welsh cake & a Glass of Milk or Fresh Fruit
<b>Week Two</b>	19th May 2014 16th June 2014 7th July 2014 8th Sept 2014 29th Sept 2014 20th Oct 2014	Pizza Pizza  Potato Wedges Baked Beans  Oaty Fruit Crumble & Custard or Fresh Fruit	Oven Baked Pork Sausages Quorn Sausage  Mashed Potatoes Choice of two Vegetables Gravy  Krispie Cake or Fresh Fruit	Home made Beef Lasagne Macaroni Cheese Garlic Bread  Vegetables or Mixed Salad  Chocolate Ice Cream Sponge Roll or Fresh Fruit	Chicken & Stuffing Cheese & Potato Pie & Baked Beans Roast & Mashed Potatoes Choice of two Vegetables Gravy Strawberry yoghurt & Fruit or Fresh Fruit	Breaded White Fish or Salmon Fillet Vegetable & Cheese Bake  Chipped Potatoes Peas or Baked Beans Carrot Cake & A Glass of Fresh Milk or Fresh Fruit
<b>Week Three</b>	2nd June 2014 23rd June 2014 14th July 2014 15th Sept 2014 6th Oct 2014	Mini Grill Pork Sausages with Tomatoes Hash Browns & Baked Beans  Quorn Sausages  Marbled Lemon Sponge & Custard or Fresh Fruit	Turkey & Stuffing Vegetable Pie  Mashed Potatoes Choice of two Vegetables Gravy  Fruit and ice-cream or Fresh Fruit	Minted Lamb Grill in a Bap Vegetable & Cheese Bake in a Bap  Baked Beans and Mixed Salad  Chocolate Beetroot Cake and Chocolate Sauce or Fresh Fruit	Roast Beef & Yorkshire Puddings Macaroni Cheese Mashed Potatoes with a Choice of two Vegetables Gravy Shortbread Biscuit and Fruit or Fresh Fruit	Breaded White Fish Cheese Omelette  Chipped Potatoes Peas or Baked Beans  Jam Tart and Custard or Fresh Fruit
<b>Tucks and Jacket Potatoes</b>		Tuck Box Cheese or Egg  Jacket Potato Cheese & Beans or Tuna  All Served with Mixed Salad & Dessert of the Day	Tuck Box Tuna or Ham  Jacket Potato Cheese & Beans or Tuna  All Served with Mixed Salad & Dessert of the Day	Tuck Box Cheese or Ham  Jacket Potato Cheese & Beans or Tuna  All Served with Mixed Salad & Dessert of the Day	Tuck Box Cheese or Tuna  Jacket Potato Cheese & Beans or Tuna  All Served with Mixed Salad & Dessert of the Day	Tuck Box Cheese or Tuna  Jacket Potato Cheese & Beans or Tuna  All Served with Mixed Salad & Dessert of the Day

Due to circumstances beyond our control, there may at times be a slight variance in our menus. Water is always available. Fresh fruit is available as an alternative to the dessert of the day. The Vegetarian option is available daily but will need to be pre-ordered one week in advance. Bread available daily.