


## Powys Catering Primary Autumn / Winter Menu 2017

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
13 <sup>th</sup> Nov 4 <sup>th</sup> Dec 8 <sup>th</sup> Jan 29 <sup>th</sup> Jan 26 <sup>th</sup> Feb 19 <sup>th</sup> March	<b>Main Meal</b>	Cheese & tomato pizza with potato wedges & baked beans	Sausage with potatoes a choice of two vegetables and gravy	Beef lasagne with garlic bread and a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish finger or salmon bake chips or pasta baked beans or peas
	<b>Vegetarian Meal</b>	Cheese & tomato pizza	Quorn sausages	Vegetable lasagne	Vegetable & cheese country bake	Vegetarian sausage roll
	<b>Dessert</b>	Vanilla & raspberry Ice cream roll	Fruit crumble & custard	Fruit sponge with ice cream or cream	Chocolate krispie cake	Short bread biscuit & frozen yoghurt
Dates	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
20 <sup>th</sup> Nov 11 <sup>th</sup> Dec 15 <sup>th</sup> Jan 5 <sup>th</sup> Feb 5 <sup>th</sup> March	<b>Main Meal</b>	Lamb grill in a bap with smiles (3) spaghetti hoops or salad	Chicken with a Yorkshire pudding, potatoes & a choice of two vegetables & gravy	Homemade beef bolognaise with garlic bread & a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish in batter' or salmon bake chips or pasta baked beans or peas
	<b>Vegetarian Meal</b>	Vegetable & Cheese Country Bake	Quorn pieces	Homemade vegetable bolognaise (v)	Quorn sausages	Omelette
	<b>Dessert</b>	Muffin & A Portion of Raisins	Fruit lolly & apple Juice	Lemon sponge & sauce	Carrot cake	Cookie - ice cream with a portion of mandarins
Dates	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
6 <sup>th</sup> Nov 27 <sup>th</sup> Nov 18 <sup>th</sup> Dec 22 <sup>nd</sup> Jan 19 <sup>th</sup> Feb 12 <sup>th</sup> March	<b>Main Meal</b>	Sausage roll, chips & Spaghetti hoops	Sliced turkey, stuffing, potatoes with a choice of two vegetables & gravy	 Garlic bread & a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish finger or Fish cake chips or pasta baked beans or peas
	<b>Vegetarian Meal</b>	Vegetarian sausage roll	Vegetable bake	Homemade vegetable bolognaise (v)	Vegetable sausage	Vegetable & cheese country bake
	<b>Dessert</b>	Fruit rock cake & apple Juice	Mini doughnut	Chocolate & pear sponge with chocolate sauce	Vanilla & raspberry ice cream roll	Flap jack & a portion of raisins

Also Available Daily are Jacket Potatoes with Various Fillings, Pasta as an alternative Carbohydrate, Salad, and Fresh Fruit & Water