

## Powys Primary Menu Sept – Oct 2020

Week 1



Week 2



Week 3

	Monday	Monday	Monday
<b>Main</b>	<b>Cheesy pizza</b>	<b>Lamb Grill in a Bap</b>	<b>Meatballs</b>
<b>Vegetarian</b>	<b>Cheesy pizza</b>	<b>Cheese &amp; Vegetable Country Bake</b>	<b>Vegetarian Meat Free Balls</b>
<b>Carbohydrate</b>	<b>Herby diced Potatoes</b>	<b>Herby diced Potatoes</b>	<b>Pasta &amp; Garlic Bread</b>
<b>Side Dish</b>	<b>Baked beans or Sweetcorn</b>	<b>Baked beans or Sweetcorn</b>	<b>Mixed Vegetables</b>
<b>Dessert</b>	Fresh Fruit Wedges Or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot
	Tuesday	Tuesday	Tuesday
<b>Main</b>	<b>Sausages &amp; Knorr Gravy</b>	<b>Chicken with Sage &amp; Onion Stuffing &amp; Knorr Gravy</b>	<b>Sliced Turkey with Sage &amp; Onion Stuffing &amp; Knorr Gravy</b>
<b>Vegetarian</b>	<b>LM Sausages</b>	<b>LM Sausages</b>	<b>LM Sausages</b>
<b>Carbohydrate</b>	<b>Mashed or boiled potatoes</b>	<b>Mashed or boiled potatoes</b>	<b>Mashed or boiled potatoes</b>
<b>Side Dish</b>	<b>Carrots &amp; Peas</b>	<b>Carrots &amp; Broccoli</b>	<b>Carrots &amp; Peas</b>
<b>Dessert</b>	Fresh Fruit Wedges Or Cookie & a Carton of juice	Fresh Fruit Wedges or Cookie & a Carton of juice	Fresh Fruit Wedges or Cookie & a Carton of juice
	Wednesday	Wednesday	Wednesday
<b>Main</b>	<b>Homemade Bolognaise</b>	<b>Homemade Bolognese</b>	<b>Mini Grill</b> (Bacon, sausage & ½ Omelette)
<b>Vegetarian</b>	<b>Homemade Vegetarian Bolognaise</b>	<b>Homemade Vegetarian Bolognese</b>	<b>Vegetarian grill</b> (2 LM sausage & ½ Omelette)
<b>Carbohydrate</b>	<b>Spaghetti &amp; Garlic Bread</b>	<b>Spaghetti &amp; Garlic Bread</b>	<b>Hash Browns</b>
<b>Side Dish</b>	<b>Mixed Vegetables</b>	<b>Sweetcorn &amp; Peas</b>	<b>Baked Beans or Tinned Tomatoes</b>
<b>Dessert</b>	Fresh Fruit Wedges or Fruit Yoghurt & Peaches	Fresh Fruit Wedges or Fruit Yoghurt & Peaches	Fresh Fruit Wedges or Fruit Yoghurt & Peaches
	Thursday	Thursday	Thursday
<b>Main</b>	<b>Roast Dinner &amp; Knorr Gravy</b>	<b>Roast Dinner &amp; Knorr Gravy</b>	<b>Roast Dinner &amp; Knorr Gravy</b>
<b>Vegetarian</b>	<b>LM Sausage</b>	<b>LM Sausage</b>	<b>LM Sausage</b>
<b>Carbohydrate</b>	<b>Mashed or boiled potatoes</b>	<b>Mashed or boiled potatoes</b>	<b>Mashed or boiled potatoes</b>
<b>Side Dish</b>	<b>Carrots &amp; Broccoli</b>	<b>Carrots &amp; Green Beans</b>	<b>Carrots &amp; Green Cabbage</b>
<b>Dessert</b>	Fresh Fruit Wedges Or Flapjack & a Carton of juice	Fresh Fruit Wedges Or Flapjack & a Carton of juice	Fresh Fruit Wedges or Flapjack & a Carton of juice
	Friday	Friday	Friday
<b>Main</b>	<b>Fish Finger or Salmon Bake</b>	<b>Fish in batter or Salmon Bake</b>	<b>Fish Finger or Salmon Bake</b>
<b>Vegetarian</b>	<b>Omelette</b>	<b>Omelette</b>	<b>Omelette</b>
<b>Carbohydrate</b>	<b>Chips or Pasta</b>	<b>Chips or Pasta</b>	<b>Chips or Pasta</b>
<b>Side Dish</b>	<b>Baked Beans or Peas Tomato Ketchup</b>	<b>Baked Beans or Peas Tomato Ketchup</b>	<b>Baked Beans or Peas Tomato Ketchup</b>
<b>Dessert</b>	Fresh Fruit Wedges Or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin
	Week Beginning 31 <sup>st</sup> August, 21 <sup>st</sup> Sept, 12 <sup>th</sup> Oct	Week Beginning 7 <sup>th</sup> Sept, 28 <sup>th</sup> Sept	Week Beginning 14 <sup>th</sup> Sept, 5 <sup>th</sup> Oct

Available Daily Are Jacket Potatoes with Various fillings, Pasta as an alternative Carbohydrate, bread, salad and Water  
We can also provide vegan and special dietary menus when requested

Suitable for a Vegan diet