

Key	Contains	May Contain
-----	----------	-------------

Powys Primary Vegetarian Menu November 2021- April 2022

	Week 1 weeks beginning Nov 15 th , Dec 6 th , Jan 3 rd , Jan 24 th , Feb 14 th , March 14 th , April 4 th	Week 2 weeks beginning Nov 1 st , Nov 22 nd , Dec 13 th , Jan 10 th , Jan 31 st , Feb 28 th , March 21 st	Week 3 weeks beginning Nov 8 th , Nov 29 th , Dec 20 th , Jan 17 th , Feb 7 th , March 7 th , March 28 th
Monday	Cheesy pizza Cereal/Gluten, milk Herby diced potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit Wedges Chocolate Krispie Cake Cereal/ sulphur Dioxide	Vegan Falafel Burger in a Bap Cereal/Gluten, Sesame Herby diced Potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit Wedges Chocolate Krispie Cake Cereal/ sulphur Dioxide	Vegan Balls Cereal/Gluten, soya Pasta Cereal/Gluten Garlic bread Cereal/Gluten, Sesame Mixed vegetables Fresh Fruit Wedges Chocolate Krispie Cake Cereal/ sulphur Dioxide
Tuesday	Vegan Sausages soya Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit Wedges Cookie Cereal/Gluten, milk, egg, soya Carton of Apple or Orange juice	Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit Wedges Cookie Cereal/Gluten, milk, egg, soya Carton of Apple or Orange juice	Vegan Country Bake Cereal/Gluten, soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit Wedges Cookie Cereal/Gluten, milk, egg, soya Carton of Apple or Orange juice
Wednesday	Vegetable Tikka Curry Milk Rice ½ Naan Bread Cereal/Gluten Mixed Vegetables Fresh Fruit Wedges Chocolate Cake Cereal/Gluten, milk, egg, soya	Homemade Vegetable Bolognese Spaghetti Cereal/Gluten Garlic Bread Cereal/Gluten, Sesame Sweetcorn & Peas Fresh Fruit Wedges Chocolate Cake Cereal/Gluten, milk, egg, soya	Vegan Sausage soya ½ Omelette milk, egg Hash Browns Cereal/Gluten, milk Baked Beans or Tinned Tomatoes Fresh Fruit Wedges Chocolate Cake Cereal/Gluten, milk, egg, soya
Thursday	Vegan Falafel Burger Cereal/Gluten Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit Wedges Shortbread Biscuit Cereal/Gluten soya Carton of Apple or Orange juice	Broccoli & Cauliflower Cheese Bake milk Roast Potato soya Knorr Gravy Mashed or boiled potatoes Carrots & Green Beans Fresh Fruit Wedges Shortbread Biscuit Cereal/Gluten soya Carton of Apple or Orange juice	Cheese & Potato Pie milk Baked Beans or Carrots & Green Cabbage Fresh Fruit Wedges Shortbread Biscuit Cereal/Gluten soya Carton of Apple or Orange juice
Friday	Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Fruit Muffin Cereal/Gluten, milk, egg, soya	Vegan Falafel Burger Cereal/Gluten Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Fruit Muffin Cereal/Gluten, milk, egg, soya	Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Fruit Muffin Cereal/Gluten, milk, egg, soya

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

ALL CHIPS THAT HAVE BEEN DEEP FRIED IN OIL WILL CONTAIN SOYA