Powys

Primary Menu 2019





Week 2





	J. Cook I	O COOK 2	2 TOOK 5
Main	Monday Cheesy pizza	Monday Lamb Grill in a Bap	Monday Meatballs
Vegetarian	Cheesy pizza	Cheese & Vegetable Country Bake	Vegetarian Meat Free Balls
Carbohydrate	Herby diced Potatoes	Herby diced Potatoes	Pasta & Garlic Bread
Side Dish	Baked beans	Baked beans	Mixed Vegetables
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges Or	Fresh Fruit Wedges	Fresh Fruit Wedges
∌ (•••)	Ice Cream & Chocolate Sauce	or Rice Pudding with Jam	or Apple crumble & Custard
Main	Tuesday Sausages & Gravy	Tuesday Chicken with Sage & Onion Stuffing	Tuesday Sliced Turkey with Sage & Onion Stuffing
Vegetarian	Quorn Sausages	Quorn with Stuffing	Quorn Roast
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Fresh Carrots & Green Beans	Fresh Carrots & Broccoli	Fresh Carrots & Peas
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges Or	Fresh Fruit Wedges or	Fresh Fruit Wedges or
	Shortbread Biscuit, a portion of raisins & Fruit Juice	Cheese cake & Fruit Juice	Chocolate haystack & Fruit juice
Main	Wednesday Cottage Pie	Wednesday Homemade spaghetti Bolognese	Wednesday Mini Grill (Bacon, sausage & ½ Omelette)
Vegetarian	Homemade Vegetarian Cottage	Homemade Vegetarian Bolognese	Vegetarian grill (2 Quorn sausage & ½ Omelette)
Carbohydrate	Roast Potatoes	Spaghetti & Garlic Bread	Hash Browns
Side Dish	Mixed Vegetables	Sweetcorn	Baked Beans
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
	or Angel Delight	or Chocolate & Mandarin sponge & Chocolate sauce	or Fruit Yoghurt & Peaches
	Thursday	Thursday	Thursday
Main	Roast Turkey with Stuffing & Gravy	Roast Pork with roast potatoes, apple sauce & Gravy	Roast Beef with Yorkshire pudding & Gravy
Vegetarian	Broccoli Cheese Bake	Quorn Roast	Cheese & potato pie
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Fresh Carrots & Broccoli	Fresh Carrots & Green Beans	Fresh Carrots & Green Cabbage
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges



Main

Vegetarian

Carbohydrate

Side Dish

Daily Dessert

Friday Fish Finger or Salmon Bake **Cheese & Vegetable Country Bake Chips or Pasta Baked Beans or Peas Tomato Ketchup**

Or Carrot cake & Milk

Salad Trolley / table Fresh Fruit Wedges Eves pudding & custard

Week Beginning

Friday Fish in batter **Omelette**

Flapjack, a portion of raisins & Milk

Chips or Pasta Baked Beans or Peas Tomato Ketchup Salad Trolley / table Fresh Fruit Wedges Cheese & Biscuits

Week Beginning

Friday Fish Finger

Blueberry muffin & Milk

Cheese & Vegetable Country Bake Chips or Pasta Baked Beans or Peas Tomato Ketchup Salad Trolley / table Fresh Fruit Wedges

Jam tart & custard

Week Beginning

29th April, 20th May, 17th June, 8th July 6th May, 3rd June, 24th June, 15th July 13th May, 10th June, 1st July 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