

Powys

Primary Menu April 2021- Oct 2021

Week 1



Week 2



Week 3

	Monday	Monday	Monday
Main	Cheesy pizza	Lamb Grill in a Bap	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 or Sweetcorn	Baked beans or Sweetcorn	Mixed Vegetables
Dessert	Fresh Fruit Wedges Or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot
	Tuesday	Tuesday	Tuesday
Main	Sausages & Knorr Gravy	Chicken with Sage & Onion Stuffing & Knorr Gravy	Sliced Turkey with Sage & Onion Stuffing & Knorr Gravy
Vegetarian	Vegetarian Sausages	Vegetarian Sausages	Vegetarian Sausages
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Carrots & Peas	Carrots & Broccoli	Carrots & Peas
Dessert	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
Main	Homemade Bolognaise	Homemade Bolognese	Mini Grill (Bacon, sausage & ½ Omelette)
Vegetarian	Homemade Vegetarian Bolognaise	Homemade Vegetarian Bolognese	Vegetarian grill (2 Veg sausage & ½ Omelette)
Carbohydrate	Spaghetti & Garlic Bread	Spaghetti & Garlic Bread	Hash Browns
Side Dish	Mixed Vegetables	Sweetcorn & Peas	Baked Beans or Tinned Tomatoes
Dessert	Fresh Fruit Wedges or Carrot Cake	Fresh Fruit Wedges or Carrot Cake	Fresh Fruit Wedges or Carrot Cake
	Thursday	Thursday	Thursday
Main	Roast Dinner & Knorr Gravy	Roast Dinner & Knorr Gravy	Roast Dinner & Knorr Gravy
Vegetarian	Vegetarian Sausage	Vegetarian Sausage	Vegetarian Sausage
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Carrots & Broccoli	Carrots & Green Beans	Carrots & Green Cabbage
Dessert	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
Main	Fish Finger or Salmon Bake	Fish in batter or Salmon Bake	Fish Finger or Salmon Bake
Vegetarian	Omelette	Omelette	Omelette
Carbohydrate	Chips or Pasta	Chips or Pasta	Chips or Pasta
Side Dish	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup
Dessert	Fresh Fruit Wedges Or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin

<p>Week Beginning</p> <p>26th April, 17th May, 14th June, 5th July, 6th Sept, 27th Sept, 18th Oct</p>	<p>Week Beginning</p> <p>12th April, 3rd May, 24th May, 21st June, 12th July, 13th Sept, 4th Oct</p>	<p>Week Beginning</p> <p>19th April, 10th May, 7th June, 28th June, 30th August, 20th Sept, 11th Oct</p>
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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