Key	Contains	May Contain

Powys Primary Vegetarian Menu November 2021- April 2022

	Week 1 weeks beginning Nov 15th, Dec 6th, Jan 3rd, Jan 24th, Feb 14th, March 14th, April 4th	Week 2 weeks beginning Nov 1st, Nov 22nd, Dec 13th, Jan 10th, Jan 31st, Feb 28th, March 21st	Week 3 weeks beginning Nov 8th, Nov 29th, Dec 20th, Jan 17th, Feb 7th, March 7th, March 28th
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