Powys

Primary Menu 2019





Monday

Lamb Grill in a Bap

Cheese & Vegetable Country Bake

Herby diced Potatoes

Baked beans & Sweetcorn

Salad Trolley / table

Fresh Fruit Wedges

Rice Pudding with Jam

Tuesday

Chicken with Sage & Onion

Stuffing

Quorn with Stuffing

Mashed or boiled potatoes

Fresh Carrots & Broccoli

Salad Trolley / table

Fresh Fruit Wedges

Cheese cake & Fruit Juice

Wednesday

Homemade spaghetti Bolognese



Monday

Meatballs

Vegetarian Meat Free Balls

Pasta & Garlic Bread

Mixed Vegetables

Salad Trolley / table

Fresh Fruit Wedges

Tuesday

Sliced Turkey with Sage & Onion

Stuffing

Quorn Roast

Mashed or boiled potatoes

Fresh Carrots & Peas

Salad Trolley / table

Fresh Fruit Wedges

Chocolate haystack & Fruit juice

Wednesday

Mini Grill

(Bacon, sausage & ½ Omelette)

Vegetarian grill

(2 Quorn sausage & ½ Omelette)

Hash Browns

Baked Beans or Tinned Tomatoes

Salad Trolley / table

Fresh Fruit Wedges

Fruit Yoghurt & Peaches

Thursday

Roast Beef with Yorkshire

pudding & Gravy

Cheese & potato pie

Mashed or boiled potatoes

Fresh Carrots & Green Cabbage

Salad Trolley / table

Fresh Fruit Wedges

Blueberry muffin & Milk

Apple crumble & Custard



Vegetarian Carbohydrate

Side Dish

Daily

Dessert



Main

Vegetarian

Carbohydrate

Side Dish

Daily

Dessert



Main

Vegetarian

Carbohydrate

Side Dish

Daily

Dessert



Main

Vegetarian

Carbohydrate

Side Dish

Daily

Dessert



Main

Vegetarian

Carbohydrate

Side Dish

Daily Dessert

Monday Cheesy pizza

Cheesy pizza

Herby diced Potatoes

Baked beans & Sweetcorn

Salad Trolley / table

Fresh Fruit Wedges

Ice Cream & Chocolate Sauce

Tuesday Sausages & Gravy

Quorn Sausages

Mashed or boiled potatoes

Fresh Carrots & Peas

Salad Trolley / table

Fresh Fruit Wedges Shortbread Biscuit, a portion of raisins & Fruit Juice

Wednesday

Cottage Pie

Homemade Vegetarian

Cottage

Roast Potatoes

Mixed Vegetables & Cauliflower

Salad Trolley / table

Fresh Fruit Wedges

Angel Delight

Thursday

Roast Turkey with Stuffing &

Gravy

Broccoli Cheese Bake

Mashed or boiled potatoes

Fresh Carrots & Broccoli

Salad Trolley / table

Fresh Fruit Wedges

Carrot cake & Milk

Friday

Fish Finger or Salmon Bake

Cheese & Vegetable Country Bake

Chips or Pasta

Baked Beans or Peas

Tomato Ketchup

Salad Trolley / table

Fresh Fruit Wedges

Eves pudding & custard

Homemade Vegetarian

Bolognese

Spaghetti & Garlic Bread

Sweetcorn & Peas

Salad Trolley / table

Fresh Fruit Wedges Chocolate & Mandarin sponge & Chocolate sauce

Thursday

Roast Pork with roast potatoes, apple sauce & Gravy

Quorn Roast

Mashed or boiled potatoes

Fresh Carrots & Green Beans

Salad Trolley / table

Fresh Fruit Wedges Flapjack, a portion of raisins & Milk

Friday

Fish in batter or Salmon Bake

Omelette

Chips or Pasta

Baked Beans or Peas

Tomato Ketchup

Salad Trolley / table

Fresh Fruit Wedges

Cheese & Biscuits

Friday Fish Finger or Salmon Bake

Cheese & Vegetable Country Bake

Chips or Pasta

Baked Beans or Peas Tomato Ketchup

Salad Trolley / table

Fresh Fruit Wedges Jam tart & custard

Week Beginning

2nd Sept, 23rd Sept, 14th Oct

Week Beginning

9th Sept, 30th Sept, 21st Oct

Week Beginning

16th Sept, 7th 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

