

Key	Contains	May Contain
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Powys Primary Menu April 2023

	Week 1 weeks beginning 15 th May, 12 th June 3 rd July, 4 th Sept, 25 th Sept 16 th Oct	Week 2 weeks beginning 22 nd May, 19 th June 10 th July, 11 th Sept, 2 nd Oct 23 rd Oct	Week 3 weeks beginning 8 th May, 5 th June 26 th June, 17 th July, 18 th Sept 9 th Oct
Monday	Cheesy pizza Cereal/Gluten, milk Herby diced potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit or Apple Crumble Cereal/Gluten, Soya Custard milk	Beef Grill in a Bap Cereal/Gluten, sulphur Dioxide soya, Sesame or Vegan Country Bake in a Bap Cereal/Gluten, soya, Sesame Herby diced Potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit or Chocolate Orange Sponge Cereal/Gluten, milk, egg, soya Ice cream milk, soya	Meatballs In a Tomato & Basil Sauce sulphur Dioxide or Vegan Balls in a Tomato & Basil Sauce Cereal/Gluten, soya, Barley Pasta Cereal/Gluten Garlic bread Cereal/Gluten, Sesame Broccoli Fresh Fruit or Fruit Muffin Cereal/Gluten, milk, egg, soya
Tuesday	Oven Baked Sausages Cereal/Gluten, soya, sulphur Dioxide or Vegan Sausages soya Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit or Pancake Cereal/gluten, milk, egg Ice cream milk, soya	Roast Chicken or Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit or Carrot Cake Muffin Cereal/gluten, milk, egg, soya A Glass of Milk milk	Sliced Turkey or Vegan Country Bake Cereal/Gluten, soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit or Chocolate cookie Cereal/Gluten, milk, egg, soya A Glass of Milk milk
Wednesday	Homemade Beef Bolognese Or Homemade Vegetable Bolognese soya Spaghetti Cereal/Gluten Garlic Bread Cereal/Gluten, Sesame Sweetcorn & Peas Fresh Fruit or Chocolate Brownie Cereal/Gluten, milk, egg, Milk Milk	Chicken Tikka milk or Vegetable Tikka milk Boiled Rice Naan Bread Cereal/gluten Sweetcorn & Peas Fresh Fruit or Fruit & Jelly (Not suitable for Vegetarians) Or Fruit & Yoghurt Milk	Bbq Chicken Cereal/Gluten, soya or Bbq Meatfree balls Cereal/Gluten, soya, Barley Rice Naan Bread Cereal/gluten Mixed vegetables Fresh Fruit or Raspberry & Vanilla Ice Cream Roll Cereal/gluten, milk, egg, soya
Thursday	Roast Turkey Or Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit or Peaches & Llaeth Y Llan Yoghurt Milk	Roast Pork Or Broccoli & Cauliflower Cheese Bake milk Apple Sauce Knorr Gravy Mashed or boiled potatoes Carrots & Green Beans Fresh Fruit or Apple Dippers & Llaeth Y Llan Yoghurt Milk	Roast Beef or Cheese Potato & Pie milk Yorkshire Pudding Cereal/Gluten, milk, egg Knorr Gravy Mashed or boiled potatoes Carrots & Green Cabbage Fresh Fruit or Apple Dippers & Llaeth Y Llan Yoghurt Milk
Friday	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish Salmon Finger Fish Or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Flapjack Cereal/Gluten & Sultanas Orange or Apple Juice Fruit Carton	Breaded Fish Star Cereal/Gluten, Fish Salmon Finger Fish Or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Homemade Jammy Shortbread Cereal/Gluten, soya Orange or Apple Juice Fruit Carton	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish Salmon Finger Fish Or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Chocolate Haystacks Cereal/gluten, milk Orange or Apple Juice Fruit Carton

Available Daily Are Jacket Potatoes with Various fillings, Pasta as an alternative Carbohydrate, bread, salad, Llaeth Y Llan Yoghurts as an alternative dessert 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