

Powys Primary Menu April 2023



	Contain	Primary Menu April 2023	
	Week 1 weeks beginning	Week 2 weeks beginning	Week 3 weeks beginning
	15 th May, 12 th June 3 rd July, 4 th Sept, 25 th Sept 16 th Oct	22 nd May, 19 th June 10 th July, 11 th Sept, 2 nd Oct 23 rd Oct	8 th May, 5 th June 26 th June,17 th July,18 th Sept 9 th Oct
Monday	Cheesy pizza Cereal/Gluten, milk	Beef Grill in a Bap Cereal/Gluten, sulphur Dioxide soya, Sesame	Meatballs In a Tomato & Basil Sauce sulphur Dioxide
	Herby diced potatoes Cereal/Gluten	or Vegan Country Bake in a Bap Cereal/Gluten, soya, Sesame	or Vegan Balls in a Tomato & Basil Sauce Cereal/Gluten, soya, Barley
	Baked beans or Sweetcorn	Herby diced Potatoes Cereal/Gluten	Pasta Cereal/Gluten
	Fresh Fruit or Apple Crumble Cereal/Gluten, Soya	Baked beans or Sweetcorn	Garlic bread Cereal/Gluten, Sesame
	Custard milk	Fresh Fruit or	Broccoli
		Chocolate Orange Sponge Cereal/Gluten, milk, egg,	Fresh Fruit or
		soya	Fruit Muffin Cereal/Gluten, milk, egg, soya
Tuesday	Oven Baked Sausages	Ice cream milk, soya Roast Chicken	Sliced Turkey
	Cereal/Gluten, soya, sulphur Dioxide or Vegan Sausages soya	or Vegan Sausages <mark>soya</mark>	or Vegan Country Bake Cereal/Gluten, soya
	Knorr Gravy	Sage & Onion Stuffing Cereal/Gluten	Sage & Onion Stuffing Cereal/Gluten
	Mashed or boiled potatoes	Knorr Gravy	Knorr Gravy
	Carrots & Peas	Mashed or boiled potatoes	Mashed or boiled potatoes
	Fresh Fruit or	Carrots & Broccoli	Carrots & Peas
	Pancake Cereal/gluten, milk, egg	Fresh Fruit or	Fresh Fruit or
	Ice cream milk, soya	Carrot Cake Muffin Cereal/gluten, milk, egg, soya	Chocolate cookie Cereal/Gluten, milk, egg, soya
Wednesday	Homemade Beef Bolognese	A Glass of Milk milk Chicken Tikka milk	A Glass of Milk milk Bbq Chicken Cereal/Gluten, soya
	Or Homemade Vegetable Bolognese <mark>soya</mark>	or Vegetable Tikka <mark>milk</mark>	or Bbq Meatfree balls Cereal/Gluten, soya,
	Spaghetti Cereal/Gluten	Boiled Rice	Barley
	Garlic Bread Cereal/Gluten, Sesame	Naan Bread Cereal/gluten	Rice
	Sweetcorn & Peas	Sweetcorn & Peas	Naan Bread Cereal/gluten
	Fresh Fruit or	Fresh Fruit or	Mixed vegetables
	Chocolate Brownie Cereal/Gluten, milk, egg,	Fruit & Jelly (Not suitable for Vegetarians)	Fresh Fruit or
	Milk Milk	Or Fruit & Yoghurt Milk	Raspberry & Vanilla Ice Cream Roll Cereal/gluten, milk, egg, soya
Thursday	Roast Turkey Or	Roast Pork Or	Roast Beef
	Vegan Sausages soya	Broccoli & Cauliflower Cheese Bake milk	or Cheese Potato & Pie milk
	Sage & Onion Stuffing Cereal/Gluten	Apple Sauce	Yorkshire Pudding Cereal/Gluten, milk, egg
	Knorr Gravy	Knorr Gravy	Knorr Gravy
	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
	Carrots & Broccoli	Carrots & Green Beans	Carrots & Green Cabbage
	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
	Peaches & Llaeth Y Llan Yoghurt Milk	Apple Dippers & Llaeth Y Llan Yoghurt Milk	Apple Dippers & Llaeth Y Llan Yoghurt Milk
ALL CHIPS THAT HAVE BEEN DEEP FRIED IN OIL WILL CONTAIN SOYA Friday	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish	Breaded Fish Star Cereal/Gluten, Fish	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish
	Salmon Finger Fish	Salmon Finger Fish Or Vegan Country Bake Coreal/Gluton, sova	Salmon Finger Fish
	Or Vegan Country Bake Cereal/Gluten, soya Chips	Vegan Country Bake Cereal/Gluten, soya Chips	Or Vegan Country Bake Cereal/Gluten, soya
	Pasta Cereal/Gluten	Pasta Cereal/Gluten	Chips Pasta Cereal/Gluten
	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup
	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
	Flapjack Cereal/Gluten & Sultanas Orange or Apple Juice Fruit Carton	Homemade Jammy Shortbread Cereal/Gluten, soya Orange or Apple Juice Fruit Carton	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