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Powys Primary Menu April 2023 Extended

	Week 1 Weeks beginning. 24 <sup>th</sup> April	Week 2 Weeks beginning. 1 <sup>st</sup> May	Week 3 Weeks beginning. 17 <sup>th</sup> April (8 <sup>th</sup> May) Please use new menu
Monday	<p>Cheesy pizza <b>Cereal/Gluten, milk</b></p> <p>Herby diced potatoes <b>Cereal/Gluten</b></p> <p>Baked beans or Sweetcorn</p> <p>Fresh Fruit or</p> <p>Cherry Crumble <b>Cereal/Gluten, Soya</b></p> <p>Custard <b>milk</b></p>	<p><b>Bank Holiday</b></p>	<p>Oven Baked Sausage in a Bun <b>Cereal/Gluten, milk, eggs, soya, sulphur dioxide.</b></p> <p>Or</p> <p>Vegan Sausage in a Bun <b>Cereal/Gluten, soya, Sesame</b></p> <p>Potato Wedges</p> <p>Baked Beans</p> <p>Fresh Fruit or</p> <p>Plain Sponge <b>Cereal/Gluten, milk, egg, soya</b></p> <p>Strawberry Custard <b>Cereal/Gluten, milk,</b></p>
Tuesday	<p>Oven Baked Sausages <b>Cereal/Gluten, soya, sulphur Dioxide</b></p> <p>or</p> <p>Vegan Sausages <b>soya</b></p> <p>Knorr Gravy</p> <p>Mashed or boiled potatoes</p> <p>Carrots &amp; Peas</p> <p>Fresh Fruit or</p> <p>Waffle <b>Cereal/Gluten, milk, egg, soya</b></p> <p>Ice cream <b>milk, soya</b></p>	<p>Beef Grill in a Bap <b>Cereal/Gluten, sulphur Dioxide soya, Sesame</b></p> <p>or</p> <p>Vegan Country Bake in a Bap <b>Cereal/Gluten, soya, Sesame</b></p> <p>Herby diced Potatoes <b>Cereal/Gluten</b></p> <p>Baked beans or Sweetcorn</p> <p>Carrot Cake Muffin <b>Cereal/gluten, milk, egg, soya</b></p> <p>A Glass of Milk <b>milk</b></p>	<p>Sliced Turkey or</p> <p>Vegan Country Bake <b>Cereal/Gluten, soya</b></p> <p>Sage &amp; Onion Stuffing <b>Cereal/Gluten</b></p> <p>Knorr Gravy</p> <p>Mashed or boiled potatoes</p> <p>Carrots &amp; Peas</p> <p>Fresh Fruit or</p> <p>Chocolate cookie <b>Cereal/Gluten, milk, egg, soya</b></p> <p>A of Glass Milk <b>milk</b></p>
Wednesday	<p>Homemade Beef Bolognese</p> <p>Or</p> <p>Homemade Vegetable Bolognese <b>soya</b></p> <p>Spaghetti <b>Cereal/Gluten</b></p> <p>Garlic Bread <b>Cereal/Gluten, Sesame</b></p> <p>Sweetcorn &amp; Peas</p> <p>Fresh Fruit or</p> <p>Chocolate Brownie <b>Cereal/Gluten, milk, egg,</b></p> <p>Chocolate Custard <b>Milk</b></p>	<p>Chicken Tikka <b>milk</b></p> <p>or</p> <p>Vegetable Tikka <b>milk</b></p> <p>Boiled Rice</p> <p>Naan Bread <b>Cereal/gluten</b></p> <p>Sweetcorn &amp; Peas</p> <p>Fresh Fruit or</p> <p>Fruit &amp; Jelly (Not suitable for Vegetarians)</p> <p>Or</p> <p>Fruit &amp; Yoghurt <b>Milk</b></p>	<p>Meatballs In a Tomato &amp; Basil Sauce <b>sulphur Dioxide</b></p> <p>or</p> <p>Vegan Balls in a Tomato &amp; Basil Sauce <b>Cereal/Gluten, soya, Barley</b></p> <p>Pasta <b>Cereal/Gluten</b></p> <p>Garlic bread <b>Cereal/Gluten, Sesame</b></p> <p>Mixed vegetables</p> <p>Fresh Fruit or</p> <p>Pears &amp; Chocolate Sauce <b>milk</b></p>
Thursday	<p>Roast Turkey</p> <p>Or</p> <p>Vegan Sausages <b>soya</b></p> <p>Sage &amp; Onion Stuffing <b>Cereal/Gluten</b></p> <p>Knorr Gravy</p> <p>Mashed or boiled potatoes</p> <p>Carrots &amp; Broccoli</p> <p>Fresh Fruit or</p> <p>Llaeth Y Llan Yoghurt <b>Milk</b></p>	<p>Roast Pork</p> <p>Or</p> <p>Broccoli &amp; Cauliflower Cheese Bake <b>milk</b></p> <p>Apple Sauce</p> <p>Knorr Gravy</p> <p>Mashed or boiled potatoes</p> <p>Carrots &amp; Green Beans</p> <p>Fresh Fruit or</p> <p>Apple Dippers &amp; Llaeth Y Llan Yoghurt <b>Milk</b></p>	<p>Roast Beef or</p> <p>Cheese &amp; Potato Pie <b>milk</b></p> <p>Yorkshire Pudding <b>Cereal/Gluten, milk, egg</b></p> <p>Knorr Gravy</p> <p>Mashed or boiled potatoes</p> <p>Carrots &amp; Green Cabbage</p> <p>Fresh Fruit or</p> <p>Llaeth Y Llan Yoghurt <b>Milk</b></p>
Friday	<p>Battered Jumbo Fish Finger <b>Cereal/Gluten, milk, mustard, Fish</b></p> <p>Salmon Finger <b>Fish</b></p> <p>Or</p> <p>Vegan Country Bake <b>Cereal/Gluten, soya</b></p> <p>Chips</p> <p>Pasta <b>Cereal/Gluten</b></p> <p>Baked Beans or Peas</p> <p>Tomato Ketchup</p> <p>Fresh Fruit or</p> <p>Flapjack <b>Cereal/Gluten</b></p> <p>Orange or Apple Juice Fruit Carton</p>	<p>Breaded Fish Star <b>Cereal/Gluten, Fish</b></p> <p>Salmon Finger <b>Fish</b></p> <p>Or</p> <p>Vegan Country Bake <b>Cereal/Gluten, soya</b></p> <p>Chips</p> <p>Pasta <b>Cereal/Gluten</b></p> <p>Baked Beans or Peas</p> <p>Tomato Ketchup</p> <p>Fresh Fruit or</p> <p>Homemade Jammy Shortbread <b>Cereal/Gluten, soya</b></p> <p>Orange or Apple Juice Fruit Carton</p>	<p>Battered Jumbo Fish Finger <b>Cereal/Gluten, milk, mustard, Fish</b></p> <p>Salmon Finger <b>Fish</b></p> <p>Or</p> <p>Vegan Country Bake <b>Cereal/Gluten, soya</b></p> <p>Chips</p> <p>Pasta <b>Cereal/Gluten</b></p> <p>Baked Beans or Peas</p> <p>Tomato Ketchup</p> <p>Fresh Fruit or</p> <p>Fruit Muffin <b>Cereal/Gluten, milk, egg, soya</b></p> <p>Orange or Apple Juice Fruit Carton</p>

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