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## Powys Primary Menu April 2023

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

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