## Powys

## Primary Menu 2019





Week 2





Main	Monday Cheesy pizza	Monday <b>Lamb Grill in a Bap</b>	Monday <b>Meatballs</b>
Vegetarian	Cheesy pizza	Cheese & Vegetable Country Bake	Vegetarian Meat Free Balls
Carbohydrate	Herby diced Potatoes	Herby diced Potatoes	Pasta & Garlic Bread
Side Dish	Baked beans	Baked beans	Mixed Vegetables
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges Or	Fresh Fruit Wedges or	Fresh Fruit Wedges or
<b>≫</b>	Ice Cream & Chocolate Sauce	Rice Pudding with Jam	Apple crumble & Custard
Main	Tuesday Sausages & Gravy	Tuesday Chicken with Sage & Onion Stuffing	Tuesday Sliced Turkey with Sage & Onion Stuffing
Vegetarian	Quorn Sausages	Quorn with Stuffing	Quorn Roast
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Fresh Carrots & Green Beans	Fresh Carrots & Broccoli	Fresh Carrots & Peas
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges Or	Fresh Fruit Wedges or	Fresh Fruit Wedges
	Shortbread Biscuit, a portion of raisins & Fruit Juice	Cheese cake & Fruit Juice	Chocolate haystack & Fruit juice
Main	Wednesday Cottage Pie	Wednesday Homemade spaghetti Bolognese	Wednesday Mini Grill (Bacon, sausage & ½ Omelette)
Vegetarian	Homemade Vegetarian Cottage	Homemade Vegetarian Bolognese	Vegetarian grill (2 Quorn sausage & ½ Omelette)
Carbohydrate	Roast Potatoes	Spaghetti & Garlic Bread	Hash Browns
Side Dish	Mixed Vegetables	Sweetcorn	Baked Beans
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
Č	or Mini Doughnuts	or Chocolate & Mandarin sponge & Chocolate sauce	or Fruit Yoghurt & Peaches
Main	Thursday Roast Turkey with Stuffing & Gravy	Thursday Roast Pork with roast potatoes, apple sauce & Gravy	Thursday Roast Beef with Yorkshire pudding & Gravy
Vegetarian	Broccoli Cheese Bake	Quorn Roast	Cheese & potato pie
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Fresh Carrots & Broccoli	Fresh Carrots & Green Beans	Fresh Carrots & Green Cabbage
Daily	Salad Trolley / table	Salad Trolley / table	Salad Trolley / table
Dessert	Fresh Fruit Wedges Or	Fresh Fruit Wedges or	Fresh Fruit Wedges or
<b>©</b>	Carrot cake & Milk	Flapjack, a portion of raisins & Milk	Blueberry muffin & Milk
Main	Friday Fish Finger or Salmon Bake	Friday <b>Fish in batter</b>	Friday <b>Fish Finger</b>
Vegetarian	Cheese & Vegetable Country Bake	Omelette	Cheese & Vegetable Country Bake
Carbohydrate	Chips or Pasta	Chips or Pasta	Chips or Pasta



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



Side Dish

Daily

Dessert