

Powys

Primary Menu Sept – Oct 2020

Week 1



Week 2



Week 3

	Monday	Monday	Monday
Main	Cheesy pizza	Lamb Grill in a Bap	Meatballs
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 or Sweetcorn	Baked beans or Sweetcorn	Mixed Vegetables
Dessert	Fresh Fruit Wedges Or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot	Fresh Fruit Wedges or Ice Cream Pot
	Tuesday	Tuesday	Tuesday
Main	Sausages & Knorr Gravy	Chicken with Sage & Onion Stuffing & Knorr Gravy	Sliced Turkey with Sage & Onion Stuffing & Knorr Gravy
Vegetarian	LM Sausages	LM Sausages	LM Sausages
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Carrots & Peas	Carrots & Broccoli	Carrots & Peas
Dessert	Fresh Fruit Wedges Or Cookie & a Carton of juice	Fresh Fruit Wedges or Cookie & a Carton of juice	Fresh Fruit Wedges or Cookie & a Carton of juice
	Wednesday	Wednesday	Wednesday
Main	Homemade Bolognaise	Homemade Bolognese	Mini Grill (Bacon, sausage & ½ Omelette)
Vegetarian	Homemade Vegetarian Bolognaise	Homemade Vegetarian Bolognese	Vegetarian grill (2 LM sausage & ½ Omelette)
Carbohydrate	Spaghetti & Garlic Bread	Spaghetti & Garlic Bread	Hash Browns
Side Dish	Mixed Vegetables	Sweetcorn & Peas	Baked Beans or Tinned Tomatoes
Dessert	Fresh Fruit Wedges or Fruit Yoghurt & Peaches	Fresh Fruit Wedges or Fruit Yoghurt & Peaches	Fresh Fruit Wedges or Fruit Yoghurt & Peaches
	Thursday	Thursday	Thursday
Main	Roast Dinner & Knorr Gravy	Roast Dinner & Knorr Gravy	Roast Dinner & Knorr Gravy
Vegetarian	LM Sausage	LM Sausage	LM Sausage
Carbohydrate	Mashed or boiled potatoes	Mashed or boiled potatoes	Mashed or boiled potatoes
Side Dish	Carrots & Broccoli	Carrots & Green Beans	Carrots & Green Cabbage
Dessert	Fresh Fruit Wedges Or Flapjack & a Carton of juice	Fresh Fruit Wedges Or Flapjack & a Carton of juice	Fresh Fruit Wedges or Flapjack & a Carton of juice
	Friday	Friday	Friday
Main	Fish Finger or Salmon Bake	Fish in batter or Salmon Bake	Fish Finger or Salmon Bake
Vegetarian	Omelette	Omelette	Omelette
Carbohydrate	Chips or Pasta	Chips or Pasta	Chips or Pasta
Side Dish	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup
Dessert	Fresh Fruit Wedges Or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin	Fresh Fruit Wedges or Fruit Muffin
	Week Beginning 31 st August, 21 st Sept, 12 th Oct	Week Beginning 7 th Sept, 28 th Sept	Week Beginning 14 th Sept, 5 th Oct

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

Suitable for a Vegan diet