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## Powys Primary Menu Nov 2022

Week 1 weeks beginning 17 <sup>th</sup> Oct, 14 <sup>th</sup> Nov, 5 <sup>th</sup> Dec, 9 <sup>th</sup> Jan, 30 <sup>th</sup> Jan, 27 <sup>th</sup> Feb, 20 <sup>th</sup> March		Week 2 weeks beginning 3 <sup>rd</sup> Oct, 24 <sup>th</sup> Oct, 21 <sup>st</sup> Nov, 12 <sup>th</sup> Dec, 16 <sup>th</sup> Jan, 6 <sup>th</sup> Feb, 6 <sup>th</sup> March		Week 3 weeks beginning 10 <sup>th</sup> Oct, 7 <sup>th</sup> Nov, 28 <sup>th</sup> Nov, 19 <sup>th</sup> Dec, 23 <sup>rd</sup> Jan, 13 <sup>th</sup> Feb, 13 <sup>th</sup> March	
Monday	Cheesy pizza <b>Cereal/Gluten, milk</b> Herby diced potatoes <b>Cereal/Gluten</b> Baked beans or Sweetcorn Fresh Fruit or Cherry Crumble <b>Cereal/Gluten, Soya</b> Custard <b>milk</b>	Monday	Beef Grill in a Bap <b>Cereal/Gluten, 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 & Mandarin Sponge <b>Cereal/Gluten, milk, egg, soya</b> Chocolate Custard <b>Milk</b>	Monday	Oven Baked Sausage in a Bun <b>Cereal/Gluten, milk, eggs, soya, sulphur dioxide</b> Or Vegan Sausage in a Bun <b>Cereal/Gluten, milk, eggs, soya, sulphur dioxide</b> Potato Wedges Baked Beans Fresh Fruit or Plain Sponge <b>Cereal/Gluten, milk, egg, soya</b> Strawberry Custard <b>Cereal/Gluten, milk,</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 Waffle <b>Cereal/Gluten, milk, egg, soya</b> Ice cream <b>milk, soya</b>	Tuesday	Sliced 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 Welsh cake <b>Cereal, egg</b> A Glass of Milk <b>milk</b>	Tuesday	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 of Glass 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> Chocolate Custard <b>Milk</b>	Wednesday	Herby Tomato Pasta Bake <b>Cereal/Gluten, milk</b> Garlic Bread <b>Cereal/Gluten, Sesame</b> Sweetcorn & Peas Fresh Fruit or Apple Crumble <b>Cereal/Gluten, soya</b> Custard <b>Milk</b>	Wednesday	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> Mixed vegetables Fresh Fruit or Pears & Chocolate Sauce <b>milk</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 Llaeth Y Llan Yoghurt <b>Milk</b>	Thursday	Roast Pork Or Broccoli & Cauliflower Cheese Bake <b>milk</b> Apple Sauce Roast Potato <b>soya</b> Knorr Gravy Mashed or boiled potatoes Carrots & Green Beans Fresh Fruit or Llaeth Y Llan Yoghurt <b>Milk</b>	Thursday	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 Llaeth Y Llan Yoghurt <b>Milk</b>
Friday	<b>ALL CHIPS THAT HAVE BEEN DEEP FRIED IN OIL WILL CONTAIN SOYA</b> 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> Orange or Apple Juice Fruit Carton	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 Homemade Jammy Shortbread <b>Cereal/Gluten, soya</b> Orange or Apple Juice Fruit Carton	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 Fruit Muffin <b>Cereal/Gluten, milk, egg, soya</b> Orange or Apple Juice Fruit Carton

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

**ALL CHIPS THAT HAVE BEEN DEEP FRIED IN OIL WILL CONTAIN SOYA**