

Key	Contains	May Contain
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Powys Primary Vegetarian Menu Sept 2022

	Week 1 weeks beginning 5 th Sept , 26 th Sept 17 th Oct	Week 2 weeks beginning 12 th Sept ,3 rd Oct, 24 th Oct	Week 3 weeks beginning 19 th Sept, 10 th Oct
Monday	Cheesy pizza Cereal/Gluten, milk Herby diced potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit Wedges Fruit Salad Cream milk	Vegan Falafel Burger in a Bap Cereal/Gluten, Sesame Herby diced Potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit Wedges Pineapple upside down Sponge Cereal/Gluten, milk, egg, soya Custard Milk	Vegan Balls Cereal/Gluten, soya, Barley Pasta Cereal/Gluten Garlic bread Cereal/Gluten, Sesame Mixed vegetables Fresh Fruit Wedges Plain Sponge Cereal/Gluten, milk, egg, soya Custard Milk
Tuesday	Vegan Sausages soya Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit Wedges Waffle Cereal/Gluten, milk, egg, soya Ice cream milk, soya	Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit Wedges Cookie Cereal/Gluten, milk, egg, soya A Glass of Milk milk	Vegan Country Bake Cereal/Gluten, soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit Wedges Llaeth Y Llan Yoghurt milk
Wednesday	Homemade Vegetable Bolognese soya Spaghetti Cereal/Gluten Garlic Bread Cereal/Gluten, Sesame Mixed Vegetables Fresh Fruit Wedges Chocolate & Mandarin Cake Cereal/Gluten, milk, egg, soya Custard Milk	Homemade Vegetable Bolognese soya Spaghetti Cereal/Gluten Garlic Bread Cereal/Gluten, Sesame Sweetcorn & Peas Fresh Fruit Wedges Apple Crumble Cereal/Gluten, soya Custard Milk	Vegetable Nuggets Cereal/Gluten Tortilla Wrap Cereal/Gluten Potato Wedges Mixed Salad Sweetcorn or Carrot Sticks Fresh Fruit Wedges Summer Fruit Sponge Cereal/Gluten, milk, egg, soya Custard Milk
Thursday	Vegan Falafel Burger Cereal/Gluten Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit Wedges Llaeth Y Llan Yoghurt milk	Broccoli & Cauliflower Cheese Bake milk Roast Potato soya Knorr Gravy Mashed or boiled potatoes Carrots & Green Beans Fresh Fruit Wedges Arctic roll Cereal/Gluten, milk, egg, soya	Cheese & Potato Pie milk Baked Beans or Carrots & Green Cabbage Fresh Fruit Wedges Angel Delight milk
Friday	Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Flapjack Cereal/Gluten Orange or Apple Juice Fruit Carton	Vegan Falafel Burger Cereal/Gluten Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Chocolate Krispie Cake Cereal, Barley Orange or Apple Juice Fruit Carton	Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit Wedges Raspberry or Blueberry Muffi Cereal/Gluten, milk, egg, soya 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