

Key	Contains	May Contain
-----	----------	-------------

Powys Primary Menu November 2022

	Week 1 weeks beginning 14 th Nov, 5 th Dec, 9 th Jan, 30 th Jan, 27 th Feb, 20 th March	Week 2 weeks beginning 21 st Nov, 12 th Dec, 16 th Jan, 6 th Feb, 6 th March	Week 3 weeks beginning 7 th Nov, 28 th Nov, 19 th Dec, 23 rd Jan, 13 th Feb, 13 th March
Monday	Cheesy pizza Cereal/Gluten, milk Herby diced potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit or Cherry Crumble Cereal/Gluten, Soya Custard milk	Beef Grill in a Bap Cereal/Gluten, Sesame or Vegan Country Bake in a Bap Cereal/Gluten, soya, Sesame Herby diced Potatoes Cereal/Gluten Baked beans or Sweetcorn Fresh Fruit or Chocolate & Mandarin Sponge Cereal/Gluten, milk, egg, soya Chocolate Custard Milk	Oven Baked Sausage in a Bun Cereal/Gluten, milk, eggs, soya, sulphur dioxide or Vegan Sausage in a Bun Cereal/Gluten, milk, eggs, soya, sulphur dioxide Potato Wedges Baked Beans Fresh Fruit or Plain Sponge Cereal/Gluten, milk, egg, soya Strawberry Custard Cereal/Gluten, milk,
Tuesday	Oven Baked Sausages Cereal/Gluten, soya, sulphur Dioxide or Vegan Sausages soya Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit or Waffle Cereal/Gluten, milk, egg, soya Ice cream milk, soya	Sliced Turkey or Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit or Welsh cake Cereal, egg A Glass of Milk milk	Sliced Turkey or Vegan Country Bake Cereal/Gluten, soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Peas Fresh Fruit or Chocolate cookie Cereal/Gluten, milk, egg, soya A of Glass Milk milk
Wednesday	Homemade Beef Bolognese or Homemade Vegetable Bolognese soya Spaghetti Cereal/Gluten Garlic Bread Cereal/Gluten, Sesame Sweetcorn & Peas Fresh Fruit or Chocolate Brownie Cereal/Gluten, milk, egg, Chocolate Custard Milk	Herby Tomato Pasta Bake Cereal/Gluten, milk Garlic Bread Cereal/Gluten, Sesame Sweetcorn & Peas Fresh Fruit or Apple Crumble Cereal/Gluten, soya Custard Milk	Meatballs In a Tomato & Basil Sauce sulphur Dioxide or Vegan Balls in a Tomato & Basil Sauce Cereal/Gluten, soya, Barley Pasta Cereal/Gluten Garlic bread Cereal/Gluten, Sesame Mixed vegetables Fresh Fruit or Pears & Chocolate Sauce milk
Thursday	Roast Turkey or Vegan Sausages soya Sage & Onion Stuffing Cereal/Gluten Knorr Gravy Mashed or boiled potatoes Carrots & Broccoli Fresh Fruit or Llaeth Y Llan Yoghurt Milk	Roast Pork or Broccoli & Cauliflower Cheese Bake milk Apple Sauce Roast Potato soya Knorr Gravy Mashed or boiled potatoes Carrots & Green Beans Fresh Fruit or Llaeth Y Llan Yoghurt Milk	Roast Beef or Cheese Potato & Pie milk Yorkshire Pudding Cereal/Gluten, milk, egg Knorr Gravy Mashed or boiled potatoes Carrots & Green Cabbage Fresh Fruit or Llaeth Y Llan Yoghurt Milk
Friday	ALL CHIPS THAT HAVE BEEN DEEP FRIED IN OIL WILL CONTAIN SOYA Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish Salmon Finger Fish or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Flapjack Cereal/Gluten Orange or Apple Juice Fruit Carton	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish Salmon Finger Fish or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Homemade Jammy Shortbread Cereal/Gluten, soya Orange or Apple Juice Fruit Carton	Battered Jumbo Fish Finger Cereal/Gluten, milk, mustard, Fish Salmon Finger Fish or Vegan Country Bake Cereal/Gluten, soya Chips Pasta Cereal/Gluten Baked Beans or Peas Tomato Ketchup Fresh Fruit or Fruit Muffin 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