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| Key | Contains | May Contain |
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## Powys Primary Vegetarian Menu November 2021- April 2022

|           | <b>Week 1</b><br>weeks beginning<br>Nov 15 <sup>th</sup> , Dec 6 <sup>th</sup> , Jan 3 <sup>rd</sup> ,<br>Jan 24 <sup>th</sup> , Feb 14 <sup>th</sup> ,<br>March 14 <sup>th</sup> , April 4 <sup>th</sup>  | <b>Week 2</b><br>weeks beginning<br>Nov 1 <sup>st</sup> , Nov 22 <sup>nd</sup> , Dec 13 <sup>th</sup> ,<br>Jan 10 <sup>th</sup> , Jan 31 <sup>st</sup> ,<br>Feb 28 <sup>th</sup> , March 21 <sup>st</sup>  | <b>Week 3</b><br>weeks beginning<br>Nov 8 <sup>th</sup> , Nov 29 <sup>th</sup> , Dec 20 <sup>th</sup> ,<br>Jan 17 <sup>th</sup> , Feb 7 <sup>th</sup> ,<br>March 7 <sup>th</sup> , March 28 <sup>th</sup>  |
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| Monday    | Cheesy pizza <b>Cereal/Gluten, milk</b><br>Herby diced potatoes <b>Cereal/Gluten</b><br>Baked beans or Sweetcorn<br>Fresh Fruit Wedges<br>Chocolate Krispie Cake <b>Cereal/ sulphur Dioxide</b>  | Vegan Falafel Burger in a Bap <b>Cereal/Gluten, Sesame</b><br>Herby diced Potatoes <b>Cereal/Gluten</b><br>Baked beans or Sweetcorn<br>Fresh Fruit Wedges<br>Chocolate Krispie Cake <b>Cereal/ sulphur Dioxide</b>                                       | Vegan Balls <b>Cereal/Gluten, soya</b><br>Pasta <b>Cereal/Gluten</b><br>Garlic bread <b>Cereal/Gluten, Sesame</b><br>Mixed vegetables<br>Fresh Fruit Wedges<br>Chocolate Krispie Cake <b>Cereal/ sulphur Dioxide</b>   |
| Tuesday   | Vegan Sausages <b>soya</b><br>Knorr Gravy<br>Mashed or boiled potatoes<br>Carrots & Peas<br>Fresh Fruit Wedges<br>Cookie <b>Cereal/Gluten, milk, egg, soya</b><br>Carton of Apple or Orange juice  | Vegan Sausages <b>soya</b><br>Sage & Onion Stuffing <b>Cereal/Gluten</b><br>Knorr Gravy<br>Mashed or boiled potatoes<br>Carrots & Broccoli<br>Fresh Fruit Wedges<br>Cookie <b>Cereal/Gluten, milk, egg, soya</b><br>Carton of Apple or Orange juice      | Vegan Country Bake <b>Cereal/Gluten, soya</b><br>Sage & Onion Stuffing <b>Cereal/Gluten</b><br>Knorr Gravy<br>Mashed or boiled potatoes<br>Carrots & Peas<br>Fresh Fruit Wedges<br>Cookie <b>Cereal/Gluten, milk, egg, soya</b><br>Carton of Apple or Orange juice |
| Wednesday | Vegetable Tikka Curry <b>Milk</b><br>Rice<br>½ Naan Bread <b>Cereal/Gluten</b><br>Mixed Vegetables<br>Fresh Fruit Wedges<br>Chocolate Cake <b>Cereal/Gluten, milk, egg, soya</b>   | Homemade Vegetable Bolognese<br>Spaghetti <b>Cereal/Gluten</b><br>Garlic Bread <b>Cereal/Gluten, Sesame</b><br>Sweetcorn & Peas<br>Fresh Fruit Wedges<br>Chocolate Cake <b>Cereal/Gluten, milk, egg, soya</b>  | Vegan Sausage <b>soya</b><br>½ Omelette <b>milk, egg</b><br>Hash Browns <b>Cereal/Gluten, milk</b><br>Baked Beans or Tinned Tomatoes<br>Fresh Fruit Wedges<br>Chocolate Cake <b>Cereal/Gluten, milk, egg, soya</b>   |
| Thursday  | Vegan Falafel Burger <b>Cereal/Gluten</b><br>Sage & Onion Stuffing <b>Cereal/Gluten</b><br>Knorr Gravy<br>Mashed or boiled potatoes<br>Carrots & Broccoli<br>Fresh Fruit Wedges<br>Shortbread Biscuit <b>Cereal/Gluten soya</b><br>Carton of Apple or Orange juice | Broccoli & Cauliflower Cheese Bake <b>milk</b><br>Roast Potato <b>soya</b><br>Knorr Gravy<br>Mashed or boiled potatoes<br>Carrots & Green Beans<br>Fresh Fruit Wedges<br>Shortbread Biscuit <b>Cereal/Gluten soya</b><br>Carton of Apple or Orange juice | Cheese & Potato Pie <b>milk</b><br>Baked Beans<br>or<br>Carrots & Green Cabbage<br>Fresh Fruit Wedges<br>Shortbread Biscuit <b>Cereal/Gluten soya</b><br>Carton of Apple or Orange juice   |
| Friday    | Vegan Country Bake <b>Cereal/Gluten, soya</b><br>Chips<br>Pasta <b>Cereal/Gluten</b><br>Baked Beans or Peas<br>Tomato Ketchup<br>Fresh Fruit Wedges<br>Fruit Muffin <b>Cereal/Gluten, milk, egg, soya</b>  | Vegan Falafel Burger <b>Cereal/Gluten</b><br>Chips<br>Pasta <b>Cereal/Gluten</b><br>Baked Beans or Peas<br>Tomato Ketchup<br>Fresh Fruit Wedges<br>Fruit Muffin <b>Cereal/Gluten, milk, egg, soya</b>  | Vegan Country Bake <b>Cereal/Gluten, soya</b><br>Chips<br>Pasta <b>Cereal/Gluten</b><br>Baked Beans or Peas<br>Tomato Ketchup<br>Fresh Fruit Wedges<br>Fruit Muffin <b>Cereal/Gluten, milk, egg, soya</b>  |

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**