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## Powys Primary Menu November 2021-April 2022

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