#  Powys Primary Menu Ends April 2022

**May Contain**

**Contains**

Key

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|  | Week 1weeks beginningNov 15th, Dec 6th, Jan 3rd, Jan 24th, Feb 14th, March 14th, April 4th | Week 2weeks beginning Nov 1st, Nov 22nd, Dec 13th, Jan 10th, Jan 31st, Feb 28th, March 21st | Week 3weeks beginning Nov 8th, Nov 29th, Dec 20th,Jan 17th, Feb 7th,March 7th, March 28th |
| Monday | **Cheesy pizza Cereal/Gluten, milk****Herby diced potatoes Cereal/Gluten****Baked beans or Sweetcorn****Fresh Fruit Wedges****Chocolate Krispie Cake Cereal, Barley** | **Beef Burger in a Bap Cereal/Gluten, Sesame****Herby diced Potatoes Cereal/Gluten****Baked beans or Sweetcorn****Fresh Fruit Wedges****Chocolate** **Krispie Cake Cereal, Barley** | **Meatballs sulphur Dioxide** **Pasta Cereal/Gluten****Garlic bread Cereal/Gluten, Sesame** **Mixed vegetables** **Fresh Fruit Wedges****Chocolate** **Krispie Cake Cereal, Barley** |
| Tuesday | **Sausages****Cereal/Gluten, soya, sulphur Dioxide** **Knorr Gravy****Mashed or boiled potatoes****Carrots & Peas** **Fresh Fruit Wedges****Cookie Cereal/Gluten, milk, egg, soya****Carton of Apple or Orange juice** | **Chicken** **Sage & Onion Stuffing Cereal/Gluten** **Knorr Gravy****Mashed or boiled potatoes****Carrots & Broccoli** Fresh Fruit WedgesCookie **Cereal/Gluten, milk, egg, soya****Carton of Apple or Orange juice** | **Sliced Turkey** **Sage & Onion Stuffing Cereal/Gluten** **Knorr Gravy****Mashed or boiled potatoes****Carrots & Peas** Fresh Fruit WedgesCookie **Cereal/Gluten, milk, egg, soya****Carton of Apple or Orange juice** |
| Wednesday | **Chicken Tikka Curry Milk****Rice****½ Naan Bread Cereal/Gluten****Mixed Vegetables** **Fresh Fruit Wedges****Chocolate Cake Cereal/Gluten, milk, egg, soya** | **Homemade Bolognese soya****Spaghetti Cereal/Gluten** **Garlic Bread Cereal/Gluten, Sesame****Sweetcorn & Peas**Fresh Fruit Wedges**Chocolate Cake Cereal/Gluten, milk, egg, soya** | **BBQ Chicken Goujons Cereal/Gluten****Tortilla Wrap Cereal/Gluten****Potato Wedges****Mixed Salad** **Sweetcorn or Carrot Sticks****Fresh Fruit Wedges****Chocolate Cake Cereal/Gluten, milk, egg, soya** |
| Thursday | **Roast Turkey****Sage & Onion Stuffing** **Cereal/Gluten****Knorr Gravy****Mashed or boiled potatoes****Carrots & Broccoli****Fresh Fruit Wedges****Shortbread Biscuit Cereal/Gluten soya** **Carton of Apple or Orange juice** | **Roast Pork****Apple Sauce****Roast Potato soya** **Knorr Gravy****Mashed or boiled potatoes****Carrots & Green Beans****Fresh Fruit Wedges** **Shortbread Biscuit Cereal/Gluten soya**  **Carton of Apple or Orange juice** |

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| Thursday**Roast Beef****Yorkshire Pudding** **Cereal/Gluten, milk, egg****Knorr Gravy****Mashed or boiled potatoes****Carrots & Green Cabbage**  **Fresh Fruit Wedges** **Shortbread Biscuit Cereal/Gluten soya** **Carton of Apple or Orange juice** |

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| Friday | **Fish Finger Cereal/Gluten, Fish** **Salmon Finger Fish****Chips** **Pasta Cereal/Gluten****Baked Beans or Peas****Tomato Ketchup** **Fresh Fruit Wedges****Fruit Muffin Cereal/Gluten, milk, egg, soya** | **Fish in batter Cereal/Gluten, Fish****Salmon Finger Fish****Chips** **Pasta Cereal/Gluten****Baked Beans or Peas****Tomato Ketchup****Fresh Fruit Wedges****Fruit Muffin Cereal/Gluten, milk, egg, soya** | **Fish Finger Cereal/Gluten, Fish****Salmon Finger Fish****Chips** **Pasta Cereal/Gluten****Baked Beans or Peas****Tomato Ketchup****Fresh Fruit Wedges****Fruit Muffin Cereal/Gluten, milk, egg, soya** |

**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**