# Powys Primary Menu Ends April 2022

**May Contain**

**Contains**

Key

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|  | Week 1weeks beginning  Nov 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 Wedges  Cookie **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 Wedges  Cookie **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** | |  | | --- | | 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** | |
| 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**