

Key	Contains	May Contain
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Powys Primary Vegetarian Menu Sept 2022

Week 1 weeks beginning 5 th Sept , 26 th Sept 17 th Oct		Week 2 weeks beginning 12 th Sept ,3 rd Oct, 24 th Oct		Week 3 weeks beginning 19 th Sept, 10 th Oct	
Monday	Cheesy pizza Cereal/Gluten, milk	Vegan Falafel Burger in a Bap Cereal/Gluten, Sesame	Vegan Balls Cereal/Gluten, soya, Barley	Vegan Country Bake Cereal/Gluten, soya	Vegan Country Bake Cereal/Gluten, soya
	Herby diced potatoes Cereal/Gluten				
	Baked beans or Sweetcorn				
	Fresh Fruit Wedges				
	Fruit Salad				
	Cream milk				
Tuesday	Vegan Sausages soya	Vegan Sausages soya	Vegan Country Bake Cereal/Gluten, soya	Vegan Country Bake Cereal/Gluten, soya	Vegan Country Bake Cereal/Gluten, soya
	Knorr Gravy				
	Mashed or boiled potatoes				
	Carrots & Peas				
	Fresh Fruit Wedges				
	Waffle Cereal/Gluten, milk, egg, soya				
Wednesday	Ice cream milk, soya	Homemade Vegetable Bolognese soya	Homemade Vegetable Bolognese soya	Homemade Vegetable Bolognese soya	Homemade Vegetable Bolognese soya
	Homemade Vegetable Bolognese soya				
	Spaghetti Cereal/Gluten				
	Garlic Bread Cereal/Gluten, Sesame				
	Mixed Vegetables				
	Fresh Fruit Wedges				
Thursday	Chocolate & Mandarin Cake Cereal/Gluten, milk, egg, soya	Broccoli & Cauliflower Cheese Bake milk	Broccoli & Cauliflower Cheese Bake milk	Broccoli & Cauliflower Cheese Bake milk	Broccoli & Cauliflower Cheese Bake milk
	Custard Milk				
	Vegan Falafel Burger Cereal/Gluten				
	Sage & Onion Stuffing Cereal/Gluten				
	Knorr Gravy				
	Mashed or boiled potatoes				
Friday	Carrots & Broccoli	Vegan Falafel Burger Cereal/Gluten	Vegan Falafel Burger Cereal/Gluten	Vegan Falafel Burger Cereal/Gluten	Vegan Falafel Burger Cereal/Gluten
	Fresh Fruit Wedges				
	Llaeth Y Llan Yoghurt milk				
	Vegan Country Bake Cereal/Gluten, soya				
	Chips				
	Pasta Cereal/Gluten				

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