

Powys Primary Vegetarian Menu Sept 2022 Week 2



	· ·	ry Vegetarian Menu Sept 2022	
	Week 1 weeks beginning	Week 2 weeks beginning	Week 3 weeks beginning
	5 th Sept , 26 th Sept		19 th Sept, 10 th Oct
	3 Зерг, 20 Зерг	12 th Sept ,3 rd Oct, 24 th Oct	13 3ερι, 10 σει
	17 Oct		
	Chassy pine Carel/Cluten milk	Vegan Falafel Burger in a Bap Cereal/Gluten, Sesame	Vegen Bella Carael/Cluten acus Barley
Monday	Cheesy pizza Cereal/Gluten, milk		Vegan Balls Cereal/Gluten, soya, Barley
	Herby diced potatoes Cereal/Gluten	Herby diced Potatoes Cereal/Gluten	Pasta Cereal/Gluten
			Garlic bread Cereal/Gluten, Sesame
	Baked beans or Sweetcorn	Baked beans or Sweetcorn	Mixed vegetables
	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
	Fruit Salad	Pineapple upside down Sponge Cereal/Gluten, milk, egg, soya	Plain Sponge Cereal/Gluten, milk, egg, soya
	Cream milk	Custard Milk	Custard Milk
Tuesday	Vegan Sausages soya	Vegan Sausages soya	Vegan Country Bake Cereal/Gluten, soya
	Knorr Gravy	Sage & Onion Stuffing Cereal/Gluten	Sage & Onion Stuffing Cereal/Gluten
	Mashed or boiled potatoes	Knorr Gravy	Knorr Gravy
	Carrots & Peas	Mashed or boiled potatoes	Mashed or boiled potatoes
	Fresh Fruit Wedges	Carrots & Broccoli	Carrots & Peas
	_	Fresh Fruit Wedges	Fresh Fruit Wedges
	Waffle Cereal/Gluten, milk, egg, soya	Cookie Cereal/Gluten, milk, egg, soya	Llaeth Y Llan Yoghurt milk
	Ice cream milk, soya	A Glass of Milk milk	
Wednesday	Homemade Vegetable Bolognese soya	Homemade Vegetable Bolognese soya	Vegetable Nuggets Cereal/Gluten
	Spaghetti Cereal/Gluten	Spaghetti Cereal/Gluten	Tortilla Wrap Cereal/Gluten
	Garlic Bread Cereal/Gluten, Sesame	Garlic Bread Cereal/Gluten, Sesame	Potato Wedges
			Mixed Salad
	Mixed Vegetables	Sweetcorn & Peas	Sweetcorn or Carrot Sticks
	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
	Chocolate & Mandarin Cake Cereal/Gluten, milk, egg, soya	Apple Crumble Cereal/Gluten, soya	Summer Fruit Sponge Cereal/Gluten, milk,
	Custard Milk	Custard Milk	egg, soya
			Custard Milk
Thursday	Vegan Falafel Burger Cereal/Gluten	Broccoli & Cauliflower Cheese Bake milk	Cheese & Potato Pie milk
	Sage & Onion Stuffing Cereal/Gluten	Roast Potato soya	
		Knorr Gravy	Baked Beans
	Knorr Gravy	Mashed or boiled potatoes	or
	Mashed or boiled potatoes	Carrots & Green Beans	Carrots & Green Cabbage
	Carrots & Broccoli		carrots & Green cassage
	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
	Llaeth Y Llan Yoghurt milk	Arctic roll Cereal/Gluten, milk, egg, soya	Angel Delight milk
Friday	Vegan Country Bake Cereal/Gluten, soya	Vegan Falafel Burger Cereal/Gluten	Vegan Country Bake Cereal/Gluten, soya
	Chips	Chips	Chips
	Pasta Cereal/Gluten	Pasta Cereal/Gluten	Pasta Cereal/Gluten
	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup	Baked Beans or Peas Tomato Ketchup
	Fresh Fruit Wedges	Fresh Fruit Wedges	Fresh Fruit Wedges
	_	_	_
	Flapjack Cereal/Gluten Orange or Apple Juice Fruit Carton	Chocolate Krispie Cake Cereal, Barley Orange or Apple Juice Fruit Carton	Raspberry or Blueberry MuffiCereal/Gluten, milk, egg, soya Orange or Apple Juice Fruit Carton
			Crange of Apple value I full Galton

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