

Powys Catering Primary Autumn / Winter Menu 2018

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
3rd Sept 24th Sept 15th Oct 12th Nov 3rd Dec	Main Meal	Cheese & tomato pizza with potato wedges & baked beans	Sausage with potatoes a choice of two vegetables and gravy	Beef lasagne with garlic bread and a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish finger or salmon bake chips or pasta baked beans or peas
		Cheese & tomato pizza	Quorn sausages	Vegetable lasagne	Vegetable & cheese country bake	Vegetarian sausage roll
	Dessert	Vanilla & raspberry Ice cream roll	Fruit crumble & custard	Fruit sponge with ice cream or cream	Chocolate krispie cake	Short bread biscuit & frozen yoghurt
Dates	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
10th Sept 1st Oct 22nd Oct 19th Nov 10th Dec	Main Meal	Lamb grill in a bap with smiles (3) spaghetti hoops or salad	Chicken with a Yorkshire pudding, potatoes & a choice of two vegetables & gravy	Homemade beef bolognese with garlic bread & a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish in batter or mini fishcakes chips or pasta baked beans or peas
		Vegetable & Cheese Country Bake	Quorn pieces	Homemade vegetable bolognese (v)	Quorn sausages	Omelette
	Dessert	Muffin & A Portion of Raisins	Flap jack & a portion of raisins	Lemon sponge & sauce	Carrot cake	Cookie - ice cream with a portion of mandarins
Dates	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
17th Sept 8th Oct 5th Nov 26th Nov 17th Dec	Main Meal	Sausage roll, chips & baked beans	Sliced turkey, stuffing, potatoes with a choice of two vegetables & gravy	 Garlic bread & a choice of two vegetables	Roast dinner with potatoes & a choice of two vegetables & gravy	Fish finger or fish cake chips or pasta baked beans or peas
		Vegetarian sausage roll	Vegetable bake	Homemade vegetable bolognese (v)	Vegetable sausage	Vegetable & cheese country bake
	Dessert	Fruit rock cake & apple Juice	Mini doughnut	Chocolate & pear sponge with chocolate sauce	Vanilla & raspberry ice cream roll	Flap jack & a portion of raisins

Also Available Daily are Jacket Potatoes with Various Fillings, Pasta as an alternative Carbohydrate, Salad, and Fresh Fruit & Water