

Powys Catering Secondary Spring/Summer Menu 2017

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
24 th April 15 th May 12 th June 3 rd July 4 th Sept 25 th Sept 16 th Oct	Main Meal	Chicken Grill in a Bap 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
	Vegetarian Meal	Vegetable & Cheese Country Bake in a bap	Quorn sausages	Vegetable lasagne	Broccoli & cheese 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
1 st May 22 nd May 19 th June 10 th July 11 th Sept 2 nd Oct 23 rd Oct	Main Meal	Lamb grill in a bap with smiles & spaghetti hoops or salad	Chicken pie, potatoes & a choice of two vegetables & gravy	Homemade beef bolognaise 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
	Vegetarian Meal	Vegetable & Cheese Country Bake	Quorn pieces	Homemade vegetable bolognaise (v)	Quorn sausages	Omelette
	Dessert	Muffin & A Portion of Raisins	Shortbread biscuit & frozen yoghurt	Lemon sponge & sauce	Carrot cake	Cookie - ice cream with a portion of mandarins
Dates	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
8 th May 5 th June 26 th June 17 th July 18 th Sept 9 th Oct	Main Meal	Sausage roll, chips & baked beans	Sliced turkey, stuffing, potatoes with a choice of two vegetables & gravy	Pasta bake 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 Meal	Vegetarian sausage roll	Vegetable bake	Homemade vegetable bolognaise (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