

## Powys Catering Secondary Spring/Summer Menu 2017

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
24 <sup>th</sup> April 15 <sup>th</sup> May 12 <sup>th</sup> June 3 <sup>rd</sup> July 4 <sup>th</sup> Sept 25 <sup>th</sup> Sept 16 <sup>th</sup> Oct	<b>Main Meal</b>	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
	<b>Vegetarian Meal</b>	Vegetable & Cheese Country Bake in a bap	Quorn sausages	Vegetable lasagne	Broccoli & cheese bake	Vegetarian sausage roll
	<b>Dessert</b>	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 <sup>st</sup> May 22 <sup>nd</sup> May 19 <sup>th</sup> June 10 <sup>th</sup> July 11 <sup>th</sup> Sept 2 <sup>nd</sup> Oct 23 <sup>rd</sup> Oct	<b>Main Meal</b>	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
	<b>Vegetarian Meal</b>	Vegetable & Cheese Country Bake	Quorn pieces	Homemade vegetable bolognaise (v)	Quorn sausages	Omelette
	<b>Dessert</b>	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 <sup>th</sup> May 5 <sup>th</sup> June 26 <sup>th</sup> June 17 <sup>th</sup> July 18 <sup>th</sup> Sept 9 <sup>th</sup> Oct	<b>Main Meal</b>	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
	<b>Vegetarian Meal</b>	Vegetarian sausage roll	Vegetable bake	Homemade vegetable bolognaise (v)	Vegetable sausage	Vegetable & cheese country bake
	<b>Dessert</b>	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