

What's for Lunch? Powys Catering High School Autumn/Winter Menu 2016

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
31st Oct 21st Nov 12th Dec 16th Jan 6th Feb 6th March 27th March	Main Meal	Chicken Grill in a Bap with Potato Wedges & Baked Beans	Sausage with Mashed Potatoes Peas & Sweetcorn and Gravy	Homemade Beef Bolognese or Lasagne With Garlic Bread & Mixed Vegetables	Roast Turkey and Stuffing Mashed & Roast Potato Broccoli and Swede & Gravy	Fish Finger or Salmon Bake Chips or Pasta Baked Beans or Peas
	Vegetarian Meal	Cheese & Vegetable Grill in a Bap (v)	Vegetable Sausage (v)	Homemade Vegetable Bolognese (v)	Homemade Lentil Bake (v)	Homemade Cheese & Tomato Quiche (v)
	Dessert	Homemade Toffee Apple Crumble With Cream or Custard	Chelsea Bun	Homemade Fruit Sponge & Custard	Chocolate Haystack	Homemade Fruit Flapjack
Dates	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
7th Nov 28th Nov 2nd Jan 23rd Jan 13th Feb 13th March 3rd April	Main Meal	Sausage, Hash Brown, Baked Beans, Half an Omelette and Mushrooms	Corned Beef Pasty with Potatoes, Carrots and Gravy	Homemade Chicken Curry With Rice, ½ Naan Bread & Vegetables	Roast Pork, Stuffing and Apple Sauce Potatoes Green Beans and Carrots & Gravy	Breaded Cod or Mini Fish Cakes Chips or Pasta Baked Beans or Peas
	Vegetarian Meal	Vegetable Sausage (v)	Cheese & Onion Pasty (v)	Homemade Vegetable Curry (v)	Homemade Homity Pie	Cheese Omelette
	Dessert	Homemade Rice Pudding & Sultanas	Homemade Bara Brith	Homemade Lemon Cake with Cream or Custard	Fruit Jelly & Ice-Cream	Homemade Fruit Muffin & Milk
Dates	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
14th Nov 5th Dec 9th Jan 30th Jan 27th Feb 20th March	Main Meal	Beef Burger in a Bap with Potato Smiles & Spaghetti Hoops or Peas	Chicken Pie With Potatoes & Vegetables & Gravy	Homemade Mild Beef Chilli With Rice, ½ Naan Bread & Vegetables	Roast Beef and Yorkshire Pudding Mashed Potato Green Beans and Carrots & Gravy	Breaded Haddock or Fish Cake Chips or Pasta Baked Beans or Peas
	Vegetarian Meal	Homemade Glamorgan Sausage (v)	Vegetable Pie (v)	Homemade Vegetable Chilli (v)	Homemade Broccoli & Cheese Bake (v)	Homemade Cheese and Onion Quiche (v)
	Dessert	Homemade Fruit Crumble & Custard	Bread & Butter Pudding with Cream or Custard	Homemade Chocolate & Pear Sponge & Chocolate Sauce	Baked Jam Doughnut & Milk	Shortbread Biscuit & Yoghurt

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