



## POWYS SCHOOL MEALS PRIMARY MENU NOV 2025



		WEEK 1 10TH NOV, 1ST DEC, 5TH JAN, 26TH JAN, 23RD FEB, 16TH MARCH	WEEK 2 17TH NOV, 8TH DEC, 12TH JAN, 2ND FEB, 2ND MARCH, 23RD MARCH	WEEK 3 3RD NOV, 24TH NOV, 15TH DEC, 19TH JAN, 9TH FEB, 9TH MARCH	
M O N D A Y	OPTION 1	CHEESE PIZZA (1,2)	BREADED CHICKEN BURGER (1) IN A BAP (1,6)	OVEN BAKED SAUSAGE (1,4,9)	
	OPTION 2	CHEESE PIZZA (1,2)	VEGAN COUNTRY BAKE (1,4) IN A BAP (1,6)	VEGAN SAUSAGE (1)	
	CARBOHYDRATE	MINI HASH BROWN PUFFS OR PASTA TWISTS (1)	SEASONED CUBED POTATOES OR PASTA TWISTS (1)	MINI HASH BROWN PUFFS OR PASTA TWISTS (1)	
	VEGETABLES	BAKED BEANS & SWEETCORN MIXED SALAD	BAKED BEANS & COLESLAW (3) MIXED SALAD	BAKED BEANS & SWEETCORN MIXED SALAD	
	DESSERT	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	CHOCOLATE & MANDARIN SPONGE (1,2,3,4) & CHOCOLATE SAUCE (2) OR ICE CREAM (2)	AUTUMN FRUIT CRUMBLE (1,4) WITH ICE CREAM (2)	
T U E S D A Y	OPTION 1	CHICKEN & VEGETABLE PIE(1)	OVEN BAKED SAUSAGE (1,4,9)	BEEF BOLOGNAISE	
	OPTION 2	VEGETABLE PIE(1)	VEGAN SAUSAGE (1)	VEGAN BOLOGNAISE(4)	
	CARBOHYDRATE	MASHED POTATO OR PASTA TWISTS (1)	MASHED POTATO OR PASTA TWISTS (1)	PASTA TWISTS (1)	
	VEGETABLES	CARROTS & BROCCOLI MIXED SALAD	PEAS & SWEETCORN MIXED SALAD	MIXED VEGETABLES & COLESLAW (3) & MIXED SALAD	
	DESSERT	STRAWBERRY JELLY & ICE CREAM (2)	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	
W E D N E S D A Y	OPTION 1	PORK & CARROT MEATBALLS (9) IN TOMATO & BASIL SAUCE	BEEF BOLOGNAISE	BBQ CHICKEN FILLET & CHEESE (2)	
	OPTION 2	VEGAN MEATFREE BALLS (4)	VEGAN BOLOGNAISE (4)	BBQ QUORN FILLET (1) & CHEESE (2)	
	CARBOHYDRATE	PASTA TWISTS (1)	SPAGHETTI PASTA (1)	RICE OR PASTA TWISTS (1)	
	VEGETABLES	PEAS & SWEETCORN MIXED SALAD	PEAS & BROCCOLI MIXED SALAD	PEAS & SWEETCORN MIXED SALAD	
	DESSERT	PEAR SPONGE (1,2,3,4) & CUSTARD (2) OR ICE CREAM (2)	LEMON MUFFINS (1,2,3,4,9)	WAFFLE (1,2,3,4) & ICE CREAM(2)	
T H U R S D A Y	OPTION 1	ROAST TURKEY & STUFFING (1) & GRAVY	ROAST PORK, APPLE SAUCE & GRAVY	ROAST BEEF, YORKSHIRE PUDDINGS (1,2,3) & GRAVY	
	OPTION 2	MEDITERRANEAN PASTA BAKE (1)	MACARONI CHEESE (1,2)	CHEESE & POTATO PIE (2)	
	CARBOHYDRATE	MASHED POTATOE OR PASTA TWISTS (1)	MASHED POTATO OR PASTA TWISTS (1)	MASHED POTATO OR PASTA TWISTS (1)	
	VEGETABLES	BROCCOLI & GREEN BEANS MIXED SALAD	CARROTS & GREEN CABBAGE MIXED SALAD	CAULIFLOWER & BROCCOLI MIXED SALAD	
	DESSERT	PLAIN COOKIE (1,2,3,4) & MILK (2)	FLAPJACK (1,2,3,4)	CHOCOLATE RICE KRISPIE CAKE (1)	
F R I D A Y	OPTION 1	FISH FINGER (1,5) OR GLUTEN FREE SALMON FISH FINGERS (5)	HARRY RAMSDEN FISH FILLET (1,5) OR GLUTEN FREE SALMON FISH FINGERS (5)	FISH FINGERS (1,5) OR GLUTEN FREE SALMON FISH FINGERS (5)	
	OPTION 2	VEGAN NUGGETS (1)	CHEESE PIZZA (1,2)	VEGAN NUGGETS (1)	
	CARBOHYDRATE	CHIPS OR PASTA TWISTS (1)	CHIPS OR PASTA TWISTS (1)	CHIPS OR PASTA TWISTS (1)	
	VEGETABLES	PEAS & BAKED BEANS MIXED SALAD	PEAS & BAKED BEANS MIXED SALAD TOMATO KETCHUP	PEAS & BAKED BEANS MIXED SALAD TOMATO KETCHUP	
	DESSERT	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	
1. CEREAL/GLUTEN		2. MILK	3. EGG	4. SOYA	5. FISH
6. SESAME		7. MUSTARD	8. CELERY	9. SULPHUR DIOXIDE	10. PEANUTS
11. LUPIN		12. MOLLUSCS	13. CRUSTACEANS	14. NUTS	CONTAINS / MAY CONTAIN

We offer Jacket Potatoes daily with various fillings. We offer fresh fruit as an alternative to our daily dessert option. We also provide jugs of drinking water in our dining halls to promote good hydration with learners. Food Allergies - Please email catering@powys.gov.uk. Due to circumstances beyond our control, there may at times be a slight variance in our menus, we apologise for any inconvenience this may cause.