



POWYS SCHOOL MEALS PRIMARY MENU
NOVEMBER 2024 - APRIL 2025



		WEEK 1 11TH NOV, 2ND DEC, 6TH JAN, 27TH JAN, 17TH FEB, 17TH MARCH, 7TH APRIL	WEEK 2 18TH NOV, 9TH DEC, 13TH JAN, 3RD FEB, 3RD MARCH, 24TH MARCH	WEEK 3 4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN, 10TH FEB, 10TH MARCH, 31ST 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	CHOCOLATE ARTIC ROLL (1,2,3,4)	CHOCOLATE & MANDARIN SPONGE (1,2,3,4) & CHOCOLATE SAUCE (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 CHILLI
	OPTION 2	VEGETALE PIE (1)	VEGAN SAUSAGE (1)	VEGAN CHILLI (4)
	CARBOHYDRATE	NEW POTATOES OR PASTA TWISTS (1)	MASHED POTATO OR PASTA TWISTS (1)	JACKET POTATO OR PASTA TWISTS (1)
	VEGETABLES	CARROTS & BROCCOLI MIXED SALAD	PEAS & SWEETCORN MIXED SALAD	MIXED VEGETABLES & COLESLAW (3) & MIXED SALAD
	DESSERT	LLAETH Y LLAN YOGHURT(2) & APPLE DIPPERS	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)	LEMON MUFFINS (1,2,3,4,9)	WAFFLE (1,2,3,4)& ICE CREAM
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	MEDITERRAINEN 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)	CHOCOLATE RICE KRISPIE CAKE (1)
F R I D A Y	OPTION 1	FISH FINGER (1,5) OR GLUTEN FREE SALMON FISH FINGERS (5)	FISH GOUJONS (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)	FISHLESS FISH FINGERS (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
6. SESAME		7. MUSTARD	8. CELERY	9. SULPHUR DIOXIDE
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.