



Powys County Council Secondary/Primary Menu October 2025

Main Meal & Vegetarian Options

	Monday Week 1	Monday Week 2	Monday Week 3
	Week 1 Nov, 1st Dec, 5th Jan, 26th Jan, 23rd Feb, 16th March 10th	Week 2 Nov, 8th Dec, 12th Jan, 2nd Feb, 2nd March, 23rd March 17th	Week 3 Nov, 24th Nov, 15th Dec, 19th Jan, 9th Feb, 9th March 3rd
High Option 1	BEEF BURGER IN A BAP (1,4, 8, 6)	CHICKEN BURGER (85g) IN A BAP (1,4,2, 6, 7, 8)	OVEN BAKED SAUSAGE (1,4,9)
Primary Option 1	CHEESE PIZZA (1,2)	CHICKEN BURGER (60g) IN A BAP (1,6)	
High Option 2	VEGETABLE COUNTRY BAKE(110g) IN A BAP (1,2, 6)	VEGETABLE COUNTRY BAKE(110g) IN A BAP (1,2, 6)	VEGAN SAUSAGE (1)
Primary Option 2	VEGAN COUNTRY BAKE (50g) IN A BAP (1,4,6)	VEGAN COUNTRY BAKE (50g) IN A BAP (1,4,6)	
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
High Dessert	LEMON SPONGE (1,2,3,4,9) & CUSTARD (2)	CHOCOLATE & MANDARIN SPONGE (1,2,3,4) & CHOCOLATE SAUCE (2)	APPLE CRUMBLE (1,4) & CUSTARD (2)
Primary Dessert	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS		
Tuesday			
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
High Dessert	PANCAKE (1,2,3) & ICE CREAM (2)	JAM ROLY POLY (1,2,4) & CUSTARD (2)	CHOCOLATE CRUNCH (1,4) CHOCOLATE SAUCE (2)
Primary Dessert	STRAWBERRY JELLY & ICE CREAM (2)	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS
Wednesday			
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
High Dessert	PLAIN COOKIE (1,2,3,4) & ORANGE OR APPLE JUICE CARTON	CHOCOLATE COOKIE (1,2,3,4) & ORANGE OR APPLE JUICE CARTON	WAFFLE (1,2,3,4) & ICE CREAM (2)
Primary Dessert	PLAIN COOKIE (1,2,3,4) & MILK (2)	LEMON MUFFINS (1,2,3,4,9)	WAFFLE (1,2,3,4) & ICE CREAM (2)
Thursday			
Option 1	ROAST TURKEY & STUFFING (1) & GRAVY	ROAST PORK WITH 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 POTATOES	MASHED POTATOES	MASHED POTATOES
Vegetables	CARROTS & GREEN BEANS MIXED SALAD	CARROTS & GREEN CABBAGE MIXED SALAD	CAULIFLOWER & BROCCOLI MIXED SALAD
High Dessert	SYRUP SPONGE (1,2,3,4) & CUSTARD (2)	FLAPJACK (1,2,3,4) ORANGE OR APPLE JUICE CARTON	CHOCOLATE RICE KRISPIE CAKE (1)
Primary Dessert	PEAR SPONGE (1,2,3,4) & CUSTARD (2)	FLAPJACK (1,2,3,4)	CHOCOLATE RICE KRISPIE CAKE (1)
Friday			
High Option 1	BREADED COD (1,5) OR CHICKEN KORMA (2)	JUMBO BATTERED FISH FINGER (1,5) OR CHICKEN TIKKA (2)	BREADED COD (1,5) OR CHICKEN KORMA (2)
Primary 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 FINGER (1,5) OR GLUTEN FREE SALMON FISH FINGERS (5)
Option 2	VEGAN NUGGETS (1)	CHEESE PIZZA (1,2)	VEGAN NUGGETS (1)
Carbohydrate	CHIPS, RICE OR PASTA TWISTS (1)	CHIPS, RICE OR PASTA TWISTS (1)	CHIPS, RICE OR PASTA TWISTS (1)
Vegetables	PEAS & BAKED BEANS MIXED SALAD	PEAS & BAKED BEANS MIXED SALAD	PEAS & BAKED BEANS MIXED SALAD
High Dessert	CHOCOLATE HAYSTACK (1,2) ORANGE OR APPLE JUICE CARTON	CHEESECAKE (1,2,4)	CARROT CAKE MUFFIN (1,2,3,4) ORANGE OR APPLE JUICE CARTON
Primary Dessert	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS	LLAETH Y LLAN YOGHURT (2) & APPLE DIPPERS

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|------------------|--------------|-----------------|--------------------|------------------------|
| 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.