



ST. MARY'S
ACADEMY TRUST

SMAT Menu 5th September - 16th December 2022

Week commencing 05/09/22, 19/09/22, 03/10/22, 17/10/22, 07/11/22, 21/11/22, 05/12/22

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Butchers Pork Sausage in Hot Dog Roll	Homemade Mild Chilli served with Rice	Roast Chicken Fillet	Big Breakfast (Bacon, sausage, hash brown, scrambled egg, ½ bread slice)	Fish Fingers/ Salmon Fish Fingers
Vegetarian Option	Ratatouille Ravioli in Homemade Tomato Sauce	Southern style Burger in Wholemeal Bread roll	Quorn Fillet	Vegetarian Big Breakfast	Katsu Dipper Naanwich
Side Dish	Homemade Wedges Crusty Roll	Crusty Garlic Bread Homemade Wedges	Yorkshire Pudding Stuffing Mashed Potato	Hash Brown	Chips
Accompaniments	Carrots Garden Peas Braised Onions Tomato Sauce	Corn on th Cob Garden Peas	Cauliflower florets Broccoli Gravy	Baked Beans Mushrooms	Garden Peas / Mushy Peas Carrots Tomato Sauce
Salad Bar Selection And Bread Sletion	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
Dessert	Fruit Flapjack	Homemade Fruit Crumble Custard	Artic Roll	Pineapple Shortcake Custard	Fruit Muffin
Daily Selection	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Fruit Smoothy	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Funky Fruit Friday Fruit in Jelly
Filled Jacket Potato	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings
Sandwich Option	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)

All meals are freshly cooked in the school own kitchen, with fresh produce. St Mary's Academy Trust are looking forward to bringing catering back in-House to improve standards, taking control of the meals service to ultimately ensure that pupils are receiving the best food possible during the school day.



ST. MARY'S
ACADEMY TRUST

SMAT Menu Winter 5th September – 16th December 2022

Week commencing 12/09/22, 26/09/22, 10/10/22, 31/11/22, 14/10/22, 28/11/22, 12/12/22.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Battered Chicken Nuggets Sweet Chilli Dip	Chicken Curry Garlic Rice	Roast Pork with Apple Sauce	Oven Baked Pork Sausage	Fish Fingers/ Salmon Fish Fingers
Vegetarian Option	Homemade Veggi Pizza	Macaroni Cheese	Veggi Omelette	Vegetarian Sausages	Penne Pasta in Homemade Tomato Sauce
Side Dish	Oven Baked Wedges Savoury Rice	Naan Bread Crusty Bread	Mashed Potato	Yorkshire Pudding Mashed Potato	Chips Crusty Roll
Accompaniments	Baked Beans Coleslaw	Baton Carrots Garden Peas Gravy	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas / Mushy Peas Carrots Side Salad Tomato Sauce
Salad Bar Selection And Bread Selection	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
Dessert	Homemade Fruit Muffin	Fruit Neopolitan Ice Cream	Chocolate and Banana Mousse	Cheese and Homemade Biscuit	Chocolate Sponge Chocolate Sauce
Daily Selection	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yogurt	Fresh Fruit Selection Fruit Smoothy	Fresh Fruit Selection Yoghurt	Funky Fruit Fruit in Jelly
Filled Jacket Potato	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings	Jacket Potato With Choice of Hot Or Cold Fillings
Sandwich Option	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)	Cold Sandwich Selection (Ham,Cheese Tuna)

All meals are freshly prepared and cooked in the school kitchen. St Mary's Academy Trust are looking forward to bringing catering back in-House to improve standards, taking control of the meals service to ultimately ensure that pupils are receiving the best food possible during the school day.