



## SMAT Autumn Term Menu September – October 2023

11/09/23, 25/09/23, 09/10/23, 23/10/23

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Battered Chicken Chunks	Spaghetti Bolognese	Roast Chicken Fillet	Big Breakfast (Bacon, sausage, hash brown, egg omelette, ½ bread slice)	Fish Fingers or Salmon Fish Cakes
<b>Vegetarian Option</b>	Southern Style Burger in Bread roll	Margherita Calzone Pizza	Quorn Fillet	Veggie Breakfast	Mac & Cheese
<b>Side Dish</b>	Skin on Wedges	Crusty Bread Skin On Wedges	Yorkshire Pudding Stuffing Mashed Potato	Hash Brown	Chips Crusty Roll
<b>Accompaniments</b>	Corn on the Cob Garden Peas  Tomato Sauce	Garden Peas Choice of Salad	Cauliflower & Broccoli Baton Carrots Gravy	Baked Beans Button Mushrooms	Garden Peas Carrots Tomato Sauce
<b>Salad Bar Selection And Bread Selection</b>	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
<b>Dessert</b>	Neapolitan Fruit Sundae	Homemade School Cake Custard	Fruit Crumble	Chocolate & Orange Brownie	Iced Yoghurt
<b>Daily Selection</b>	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Fruit Smoothy	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Funky Fruit Friday Fruit in Jelly
<b>Filled Jacket Potato</b>	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
<b>Sandwich Option</b>	Cold Sandwich Selection (Ham, Cheese or Tuna Mayo)	Cold Wrap Selection (Ham, Cheese or Tuna Mayo)	Hot Roast Sandwich	Cold Sandwich Selection (Ham, Tuna or Egg)	Cold Wrap Selection (Ham, Cheese or Tuna Mayo)

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 Autumn Term Menu September - October 2023

18/09/23, 02/10/23, 16/10/23.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice (Pepperoni / Cheese)	SMAT Burger Day	Roast Chicken with Stuffing	Oven Baked Pork Sausage	Fish Stars or Salmon Fish Fingers
<b>Vegetarian Option</b>	Vegetarian Meat Ball Sub Roll	Barbeque Noodles with a Crusty Roll	Veggie Shepherd's Pie	Quorn Fillet	Pasta in Homemade Tomato Sauce
<b>Side Dish</b>	Skin on Potato Wedges	Mini Potato Waffles	Mashed Potato	Yorkshire Pudding Mashed Potato	Chips Crusty Roll
<b>Accompaniments</b>	Baked Beans Coleslaw	Baton Carrots Garden Peas Tomato Sauce	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas / Mushy Peas Carrots Tomato Sauce
<b>Salad Bar And Bread Selection</b>	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
<b>Dessert</b>	Donut & Ice Cream Fruit Sauce.	Crispy Cake	Chocolate Sponge Chocolate Sauce	Assorted Homemade Biscuits	Lemon Drizzle Muffin
<b>Daily Selection</b>	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yogurt	Fresh Fruit Selection Fruit Smoothy	Fresh Fruit Selection Yoghurt	Funky Fruit Iced Yoghurt
<b>Filled Jacket Potato</b>	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
<b>Sandwich Option</b>	Cold Sandwich Selection (Ham, Cheese or Tuna Mayo)	Cold Wrap Selection (Ham, Cheese or Tuna Mayo)	Hot Roast Sandwich	Cold Sandwich Selection (Ham, Tuna or Egg)	Cold Wrap Selection (Ham, Cheese or Tuna Mayo)

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.