

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Battered Chicken Chunks	Spaghetti Bolognese	Roast Chicken Fillet	All Day Breakfast (Bacon, sausage, egg omelette, ½ bread slice)	Fish Stars or Salmon Fishcakes
Vegetarian Option	Southern Style Burger in Bread roll	Homemade Margherita Pizza Slice	Quorn Fillet	Veggie Breakfast	Mac 'n' Cheese
Side Dish	Skin on Wedges	Crusty Bread Mini Potato Waffles	Yorkshire Pudding Mashed Potato	Hash Brown	Chips Crusty Roll
Accompaniments	Sweetcorn Garden Peas Tomato Sauce	Rainbow Veg	Cauliflower & Broccoli Baton Carrots Gravy	Baked Beans Mushrooms	Garden Peas Carrots 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	Raspberry Ripple Ice-cream	Homemade School Cake Custard	Fruit Crumble	Chocolate & Orange Brownie	Iced Yoghurt
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 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.

SMAT Autumn Term Menu, November - December 2023

DATES: 20/11/23, 04/12/23, 18/12/23

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

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