



SMAT Menu Winter 3rd January to 31st March 2023

Week commencing 03/01/2023, 16/01/2023, 30/01/2023, 20/02/2023, 06/03/2023, 20/03/2023

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Battered Chicken Chunks	Spagetti Bolognese	Roast Chicken Fillet	Big Breakfast (Bacon, sausage, hash brown, egg omlette , ½ bread slice)	Fish Fingers or Salmon Fish Cakes
Vegetarian Option	Katsu Dippers	Southern style Burger in Wholemeal Bread roll	Quorn Fillet	Vegetarian Big Breakfast	Ratatouille Ravioli in Homemade Tomato Sauce
Side Dish	CrissCut Potatoes	Crusty Bread Skin On Wedges	Yorkshire Pudding Stuffing Mashed Potato	HashBrown	Chips Crusty Roll
Accompaniments	Carrots Garden Peas Tomato Sauce	Corn on th Cob Garden Peas	Cauliflower florets Broccoli Gravy	Baked Beans Button Mushrooms	Garden Peas Carrots Tomato Sauce
Salad Bar Selection And Bread Seletion	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
Dessert	Chocolate & Orange Brownie	Homemade School Cake Custard	Pineapple Shortcake Custard	Artic Roll	Raspberry Bun or Rice Crispie Cake
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

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 Menu Winter 3rd January to 31st March 2023

Week commencing 09/01/2023, 23/01/2023, 06/02/2023, 27/02/2023, 13/03/2023, 27/03/2023

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Homemade Pizza Slice	Homemade Chicken Casserole And Dumplings	Roast of the Day With Accompaniments	Oven Baked Pork Sausage	Fish Stars or Salmon Fish Fingers
Vegetarian Option	Vegetarian Meat Balls	Macaroni Cheese	Quorn Fillet	Vegetarian Toad in the Hole.	Penne Pasta in Homemade Tomato Sauce
Side Dish	Mini Potato Waffles Rice	Roast Potatoes 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 Seltion	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	Assorted Cookies	Mini Doughuts with Warm Jam Sauce	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

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