

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 Fishcake
Vegetarian Option	Southern Style Burger in Bread roll	Homemade Margherita (Cheese) 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	Cookie or Rice Crispy Cake	Chocolate & Orange Brownie	Iced Yoghurt
Daily Selection	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection 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 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 Pizza Slice	Beef Burger in Bun	Roast of the day with Accompaniments	Oven Baked Pork Sausage	Fish Stars or Salmon Fishcake
Vegetarian Option	Meatballs in Tomato Sauce	Vegetarian Hot Dog	Veggie Shepherd's Pie	Quorn Fillet	Pasta in Homemade Tomato Sauce
Side Dish	Skin on Potato Wedges Pasta	Mini Potato Waffles	Mashed Potato	Yorkshire Pudding Mashed Potato	Chips Crusty Roll
Accompaniments	Baked Beans	Baton Carrots Garden Peas Tomato Sauce	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas / Mushy 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	Donut & Ice-cream Fruit Sauce.	Arctic Roll	Chocolate Sponge Chocolate Sauce	Flapjack	Lemon Drizzle Cake
Daily Selection	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yogurt	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection 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

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