



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
Traditional Meal of the Day	Battered Chicken Chunks	Pasta Bolognaise	Roast Chicken Fillet	Big Breakfast (Bacon, sausage, hash brown, egg omelette, ½ bread slice)	Fish Fingers or Salmon Fish Burger
Vegetarian Option	Southern Style Burger in Bread roll	Margarita Calzone Pizza	Quorn Fillet	Veggie Breakfast Bap	Mac & Cheese
Side Dish	Potato Crisscuts	Crusty Bread Skin On Wedges	Yorkshire Pudding Stuffing Mashed Potato	Hash Brown	Chips Crusty Roll
Accompaniments	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
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	Neapolitan Fruit Sundae	Homemade School Cake Custard	Rice Pudding with Biscuit Finger.	Arctic Roll	Chocolate and Orange Brownie
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 Autumn Term Menu September - October 2023

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

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Homemade Pizza Slice (Pepperoni / Cheese)	Beef Burger in a Bun	Roast Pork with Accompaniments	Oven Baked Pork Sausage	Fish Stars or Salmon Fish Fingers
Vegetarian Option	Vegetarian Meat Ball Sub Roll	Barbeque Noodles with a Crusty Roll	Shepherdess 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 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	Waffle & Ice Cream Fruit Sauce.	Crispy Cake	Chocolate Sponge Chocolate Sauce	Cookie	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

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