



## SMAT Menu 5<sup>th</sup> September - 16<sup>th</sup> December 2022

Week commencing 05/09/22, 19/09/22, 03/10/22, 17/10/22, 07/11/22, 21/11/22, 05/12/22

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Butchers Pork Sausage in Hot Dog Roll	Spagetti Bolognese	Roast Chicken Fillet	Big Breakfast ( Bacon, sausage, hash brown, scrambled egg, ½ bread slice)	Fish Fingers/ Salmon Fish Fingers
<b>Vegetarian Option</b>	Ratatouille Ravioli in Homemade Tomato Sauce	Southern style Burger in Wholemeal Bread roll	Quorn Fillet	Vegetarian Big Breakfast	Katsu Dipper Naanwich
<b>Side Dish</b>	Homemade Wedges Crusty Roll	Crusty Bread Homemade Wedges	Yorkshire Pudding Stuffing Mashed Potato	HashBrown	Chips
<b>Accompaniments</b>	Carrots Garden Peas Braised Onions Tomato Sauce	Corn on th Cob Garden Peas	Cauliflower florets Broccoli Gravy	Baked Beans Mushrooms	Garden Peas / Mushy Peas Carrots Tomato Sauce
<b>Salad Bar Selection And Bread Seletion</b>	Bread Slice Salad selection	Bread Slice Salad Selection	Bread Slice Salad Selection	Bread slice Salad selection	Bread Slice Salad Selection
<b>Dessert</b>	Fruit Flapjack	Homemade Fruit Crumble Custard	Artic Roll	Pineapple Shortcake Custard	Raspberry Bun
<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

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 Menu Winter 5<sup>th</sup> September – 16<sup>th</sup> December 2022

Week commencing 12/09/22, 26/09/22, 10/10/22, 31/11/22, 14/10/22, 28/11/22, 12/12/22.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice Oven Baked Wedges	Homemade Meat Pie	Roast of the Day	Oven Baked Pork Sausage	Fish Fingers/ Salmon Fish Fingers
<b>Vegetarian Option</b>	Vegetarian Meat Balls	Macaroni Cheese	Quorn fajita	Vegetarian Sausages	Penne Pasta in Homemade Tomato Sauce
<b>Side Dish</b>	Oven Baked Wedges Rice	Roast Potatoes Crusty Bread	Mashed Potato	Yorkshire Pudding Mashed Potato	Chips Crusty Roll
<b>Accompaniments</b>	Baked Beans Coleslaw	Baton Carrots Garden Peas Gravy	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas / Mushy Peas Carrots Side Salad 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>	Homemade Fruit Muffin	Fruit Neopolitan Ice Cream	Apple and Banana Cake	Cheese and Homemade Biscuit	Chocolate Sponge Chocolate Sauce
<b>Daily Selection</b>	Fresh Fruit Selection Yoghurt	Fresh Fruit Selection Yogurt	Fresh Fruit Selection Fruit Smoothy	Fresh Fruit Selection Yoghurt	Funky Fruit 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

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.