



ST. MARY'S  
ACADEMY TRUST

## SMAT Menu Winter 3rd January to 31<sup>st</sup> 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
<b>Traditional Meal of the Day</b>	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
<b>Vegetarian Option</b>	Vegetarian Meat Balls	Southern style Burger in Wholemeal Bread roll	Quorn Fillet	Vegetarian Big Breakfast	Ratatouille Ravioli in Homemade Tomato Sauce
<b>Side Dish</b>	CrissCut Potatoes Rices	Crusty Bread Skin On Wedges	Yorkshire Pudding  Mashed Potato	HashBrown	Chips Crusty Roll
<b>Accompaniments</b>	Corn On The Cob Garden Peas  Tomato Sauce	Sweetcorn Garden Peas	Swede Broccoli Gravy	Baked Beans Button Mushrooms	Garden 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>	Chocolate & Orange Brownie	Homemade School Cake Custard	Shortcake With Fruit Portion	Artic Roll	Raspberry Bun or Rice Crispie Cake
<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.



**SMAT Menu Winter 3rd January to 31<sup>st</sup> 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
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice Oven Baked Wedges	Homemade Chicken Casserole And Dumplings	Roast Pork & Stuffing	Oven Baked Pork Sausage	Fish Stars or Salmon Fish Fingers
<b>Vegetarian Option</b>	Katsu Dippers	Macaroni Cheese	Quorn Fillet	Vegetarian Toad in the Hole.	Penne Pasta in Homemade Tomato Sauce
<b>Side Dish</b>	Mini Potato Waffles	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 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>	Homemade Fruit Muffin	Fruit Neopolitan Ice Cream	Assorted Cookies	Mini Doughuts with Warm Jam Sauce	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.