



ST. MARY'S
ACADEMY TRUST

SMAT Menu 5th September - 16th 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
Traditional Meal of the Day	Pizza	Spagetti Bolognese	Roast Chicken Fillet	Pork Sausgaes	Fishcake or Salmon Fish Fingers
Vegetarian Option	Ratatouille Ravioli in Homemade Tomato Sauce	Southern style Burger in Wholemeal Bread roll	Quorn Fillet	Vegetarian Sausages	Katsu Dipper Naanwich
Side Dish	Homemade Wedges Crusty Roll	Crusty Bread Homemade Wedges	Yorkshire Pudding Stuffing Mashed Potato	Mashed Potato Yorkshire Pudding	Chips
Accompaniments	Carrots Garden Peas Braised Onions Tomato Sauce	Corn on th Cob Garden Peas	Cauliflower florets Broccoli Gravy	Cauliflower Cabbage Gravy	Garden Peas / Mushy Peas Carrots Paresley 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	Fruit Flapjack	Homemade Fruit Crumble Custard	Artic Roll	Pineapple Shortcake Custard	Raspberry Bun
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.



ST. MARY'S
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SMAT Menu Winter 5th September – 16th 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
Traditional Meal of the Day	Battered Chicken Nuggets With Sweet Chilli Dip	Homemade Meat Pie	Roast Turkey With stuffing	Oven Baked Pork Sausage	Fish Fingers/ Salmon Fish Fingers
Vegetarian Option	Homemade Veggi Pizza Slice	Macaroni Cheese With Crusty bread.	Quorn fajita	Vegetarian Sausages	Penne Pasta in Homemade Tomato Sauce with Crusty Roll and Side Salad
Side Dish	Oven Baked Wedges	Roast Potatoes	Mashed Potato	Yorkshire Pudding Mashed Potato	Chips
Accompaniments	Baked Beans Coleslaw	Baton Carrots Garden Peas Gravy	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	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	Homemade Fruit Muffin	Fruit Neopolitan Ice Cream	Chocolate Orange Brownie	Homemade Oat Cookie	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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