

Weare First School Academy - School Meals Autumn Term 1 (5th September - 19th October 2023)

Menu 1 for Weeks Commencing 5th Sept, 18th Sept & 2nd Oct & 16th Oct 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Margherita Pizza	Roast Chicken, Stuffing & Gravy DF	Pork Sausages	Home Cooked Gammon Ham & Grated Cheese	Breaded Cod Fish Fingers DF
Vegetarian Meal (V)	Bean Burger in a Bun DF, VE	Roast Quorn Fillet, Stuffing & Gravy DF	Vegetarian Sausage VE	Cheese & Bean Puff	Fishless Fingers DF, VE
	Both served with baked beans, wedges & fresh mixed salad	Both served with roast potatoes, carrots & green beans	Both served with fusilli pasta, peas, home made tomato sauce & fresh mixed salad	Both served with jacket potato, sweetcorn & fresh mixed salad	Both served with chips, peas and fresh mixed salad
Sandwich Options	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad
Pudding	Fruity Flapjack GF, DF, VE	Peach Crumble & Custard VE, DF	Apple Bites VE	Orange Jelly & Mandarins DF, V	Chocolate Fudge Cake DF, VE
	As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.				

Menu 2 for Weeks Commencing 11th Sept, 25th Sept & 9th Oct 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal (M)	Breaded Chicken Goujons	Beef Bolognese GF, DF	Sausage Roll	Penne Pasta with a choice of Cheese, Ham or Tuna	Breaded Cod Fish Fingers DF
Vegetarian Meal (V)	Vegetable Fingers DF	Mixed Bean & Vegetable Bolognese DF, VE, GF	Quorn Sausage Roll VE	Jacket Potato with cheese & beans GF	Fishless Fingers DF, VE
	Both served with katsu curry sauce, brown & white rice, green beans & fresh mixed salad	Both served with fusilli pasta, sweetcorn & fresh mixed salad	Both served with potato waffles, spaghetti hoops & fresh mixed salad	Both served with crusty bread, sweetcorn & fresh mixed salad	Both served with chips, baked beans and fresh mixed salad
Sandwich Options	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad	Choice of Ham, Cheese, Tuna or Salmon Sandwich on 50/50 Bread Served with Fresh Mixed salad
Pudding	Banana Bread DF, VE	Apple Pie & Ice Cream VE, DF	Strawberry Jelly & Fruit Cocktail DF, V	Coconut Cookies VE	Shortbread Biscuit DF, VE
	As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.				

Sliced Bread is available daily to accompany the hot meals. A fresh fruit bowl is also available daily.

Alternatives may be available on request. Menu can be subject to change due to availability difficulties.

If you should require any information concerning allergens in foods, please contact the school office.