

## Weare Academy and Rainbow Woods - School Meals Autumn Term 2 (4th November - 20th December 2024)

### Menu 1 for Weeks Commencing 4th Nov, 18th Nov, 2nd Dec & 16th Dec 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Sausage Roll	Macaroni Cheese SF	Chicken Curry DF SF GF	Pork Meatball with Homemade Tomato Sauce DF	Breaded Cod Fish Fingers OR Salmon Fishcake DF SF
<b>Vegetarian Meal (V)</b>	Vegetarian Sausage Roll DF	Cheesy Tomato Pasta Melt SF	Sweet Potato & Chickpea Curry DF SF DF	Veggie Balls with Homemade Tomto Sauce DF	Vegetable Burger
	Both served with Baked Beans, Waffles & mixed salad	Both served with Sweetcorn & Peas	Both served with Brown & White Rice, Green Beans & Mixed Salad	Both served with Fusili Pasta, Pea's & Broccoli	Both served with Chips, Sweetcorn & Mixed Salad
<b>Jacket Pot's</b>	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings DF SF
<b>YR3 &amp; Yr4 Pick Only</b>			Crispy Chicken & Salad Wraps DF SF	Cheese Burger SF	
<b>YR3 &amp; Yr4 Vegetarian Pick Only</b>			Veggie Fingers or Hummus served with Salad Wraps DF SF	Veggie Bacon Roll DF SF	
<b>Pudding</b>	Flapjack DF GF SF	Strawberry Mousse GF	Fruit & Yoghurt GF	Apple & Cinnamon Crumble & Custard SF	Shortbread Biscuit DF SF
	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 Nov, 25th Nov, 9th Dec 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Chicken Goujons DF SF	Pork Sausages DF	Beef Bolognaise	Roast Chicken Breast, Stuffing & Gravy	Breaded Cod Fish Fingers OR Salmon Fishcake DF SF
<b>Vegetarian Meal (V)</b>	Veggie Fingers DF SF	Quorn Sausage DF SF	Vegetable & Bean Bolognaise	Quorn Fillet with Stuffing & Gravy	Vegetable Burger
	Both served with Katsu Curry Sauce, Brown & White Rice, Green Beans & Mixed Salad	Both served with Mash Potatoes, Baked Beans, Peas & Onion Gravy	Both served with Fussili Pasta, Sweetcorn & Mixed Salad	Both served with Roasted baby Potatoes, Carrots & Broccoli	Both served with Chips, Spaghetti Hoops & Mixed Salad
<b>Jacket Pot's</b>	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF	Jacket Potato with a choice of toppings GF SF
<b>YR3 &amp; Yr4 Pick Only</b>		Pork Sausage Bap DF		French Bread Pizza	
<b>YR3 &amp; Yr4 Vegetarian Pick Only</b>		Quorn Sausage Bap DF SF		French Bread Pizza	
<b>Pudding</b>	Orange Jelly with Mandarins DF SF GF	Fresh Bananas & Custard GF SF	Oaty Cookies DF SF	Peaches & Cream GF SF	Australian Crunch DF SF
	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.**