

## Weare Academy and Rainbow Woods - School Meals Spring Term 1 (5th Jan - 12th Feb 2026)

### Menu 1 for Weeks Commencing 5th, 19th Jan & 2nd Feb 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Pork Sausage served with Potato Waffles, Baked Beans & Peas <b>DF</b>	Margherita Pizza served with Fusilli Pasta, Homemade Tomato Sauce with hidden Veg, Sweetcorn & Mixed Salad <b>SF</b>	Chicken & Chick Pea Curry (mild) served with Brown & White Rice, Naan Bread & Mixed Vegetables <b>DF,SF</b>	Macaroni Cheese served with Broccoli, Mixed Salad & Garlic Bread <b>SF</b>	Baked Fish Finger or Salmon Fishcake served with Oven Chips, Spaghetti Hoops & Mixed Salad <b>SF</b>
<b>Jacket Potatoes</b>	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad
<b>Pudding</b>	Oaty Cookie <b>DF</b>	Fruit Cocktail with Strawberry Yoghurt	Peach Crumble with Custard	Chocolate Krispie Cake <b>DF,SF,GF</b>	Carrot Cake <b>DF,SF</b>
	As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day.				

### Menu 2 for Weeks Commencing 12th, 26th Jan & 9th Feb 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal (M)</b>	Lentil & Vegetable Bolognese served with Fusilli Pasta, Peas & Mixed Salad <b>DF,GF</b>	Chicken Goujons served with Savory Vegetable Brown & White Rice, Sweet & Sour Sauce and Mixed Salad <b>SF,DF</b>	All Day Breakfast served with Hash Browns, Mushrooms, Tomatoes & Baked Beans <b>DF</b>	Roast Loin of Pork with Yorkshire Pudding, Gravy & Apple Sauce served with Roast Potatoes, Carrots & Green Beans <b>GF,SF,DF</b>	Baked Fish Finger or Salmon Fishcake served with Oven Chips, Baked Beans & Mixed Salad <b>SF</b>
<b>Jacket Pot's</b>	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad	Jacket Potato with Baked Beans, Cheese, Ham or Tuna & Mixed Salad
<b>Pudding</b>	Fruit Cocktail with Yoghurt	Pears with Chocolate Sauce	Australian Crunch <b>DF,SF</b>	Fruits of the Forest Yoghurt Sponge <b>SF</b>	Shortbread Biscuit <b>DF,SF</b>
	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.**