

Wedmore First School Academy - School Meals Autumn Term 1 (2nd September - 24th October 2024)

Menu 1 for Weeks Commencing 2nd Sept, 16th Sept, 30th Sept & 14th Oct 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--|
| Main Meal (M) | Pork Meatball with Homemade Tomato Sauce DF | Macaroni Cheese SF | Chicken Curry DF SF GF | Sausage Roll | Breaded Cod Fish Fingers DF SF |
| Vegetarian Meal (V) | Veggie Balls with Homemade Tomato Sauce DF | Cheesy Tomato Pasta Melt SF | Sweet Potato & Chickpea Curry DF SF DF | Vegetarian Sausage Roll DF | Mixed Bean & Vegetable Burritos SF DF |
| | Both served with Fusilli Pasta, Pea's & Mixed Salad | Both served with Sweetcorn & Mixed Salad | Both served with Brown & White Rice, Carrots & Mixed Salad | Both served with Baked Beans, Mixed Salad & Waffles | Both served with Chips, Sweetcorn & Mixed Salad |
| Jacket Pot's | 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 |
| YR3 & Yr4 Pick Only | | Cheese & Ham Toastie served with Salad | Crispy Chicken & Salad Wraps DF SF | Bacon Roll SF | |
| YR3 & Yr4 Vegetarian Pick Only | | Cheese & Tomato Toastie served with Salad | Veggie Fingers or Hummus served with Salad Wraps DF SF | Veggie Bacon Roll DF SF | |
| Pudding | Fruit Cocktail & Strawberry Yoghurt GF SF | Fruity Flapjack DF GF SF | Apple & Cinnamon Crumble & Custard DF SF | Strawberry Mouse with Fruit Salad SF GF | Chocolate Fudge Cake SF DF |
| | As well as the daily pudding, a choice of Fresh Fruit, Fruit Cocktail or Yoghurt is available each day. | | | | |

Menu 2 for Weeks Commencing 9th Sept, 23rd Sept & 7th Oct, 21st Oct 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|---|
| Main Meal (M) | Chicken Goujons DF SF | Pork Sausages DF | Burger in a Bun | Roast Chicken Breast, Stuffing & Gravy | Breaded Cod Fish Fingers DF SF |
| Vegetarian Meal (V) | Veggie Fingers DF SF | Quorn Sausage DF SF | Bean Burger in a Bun DF SF | Cauliflower & Broccoli Bake GF | Mixed Bean & Vegetable Burritos SF DF |
| | Both served with Katsu Curry Sauce, Brown & White Rice, Green Beans & Mixed Salad | Both served with Mash Potatoes, Beans, Peas & Onion Gravy | Both served with Baked Beans, Sweetcorn & Mixed Salad | Both served with Roasted baby Potatoes, Carrots & Broccoli | Both served with Chips, Spaghetti Hoops & Mixed Salad |
| Jacket Pot's | 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 |
| YR3 & Yr4 Pick Only | | Pork Sausage Bap DF | Cheese & Ham Panini served with Salad | French Bread Pizza | |
| YR3 & Yr4 Vegetarian Pick Only | | Quorn Sausage Bap DF SF | Cheese & Tomato Panini served with Salad SF | French Bread Pizza | |
| Pudding | Orange Jelly with Mandarins DF SF GF | Fresh Bananas & Custard GF SF | Coconut 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.