

# School Lunch Menu 2023-2024

## Autumn Term

06/09/23-14/12/23



CELEBRATING 10 YEARS  
2013-2023

*A decade of dedication & achievement.*

Week Beginning:

04/09/23  
25/09/23  
16/10/23  
13/11/23  
04/12/23

### Week 1

#### Monday

Main: Rasta Pasta with chicken  
Side: Garlic Bread, seasonal vegetables  
Dessert: Yoghurt  
**Student Voice**

#### Tuesday

Main: Loaded fries & chicken  
Side: Vegetables, Salad  
Dessert: Brownies

#### Wednesday

Main: Bangers & Mash (sausages & mash)  
Side: Beans, Peas, Yorkshire Pudding, Gravy  
Dessert: Cookie dough & ice cream

#### Thursday

Main: Rice & chicken curry  
Side: Samosa, raita, cucumber  
Dessert: Fruit Salad

#### Friday

Main: Fish fingers, chips & beans  
Side: seasonal vegetables  
Dessert: Cupcakes

Week Beginning:

11/09/23  
02/10/23  
30/10/23  
20/11/23  
11/12/23

### Week 2

#### Monday

Main: Spaghetti Bolognese  
Side: Garlic bread & seasonal vegetables  
Dessert: Fruit sticks

#### Tuesday

Main: Roast Dinner  
Side: Carrots, Sprouts, Roast potatoes,  
Yorkshire Pudding, Gravy  
Dessert: Apple/ Mince Pie with whipped cream

#### Wednesday

Main: Tuna & Sweetcorn / Veg Pasta Bake  
Side: Garlic bread, seasonal vegetables  
Dessert: Flapjack & custard

#### Thursday

Main: Butter Chicken & Parata  
Side: Cucumbers & Raita  
Dessert: Rice pudding

#### Friday

Main: All Day Breakfast  
(Toast, sausage, beans, mushroom, hashbrown, egg, turkey rash)  
Alternative Main: Hotdog & chips  
Dessert: Yoghurt  
**Student Voice**

Week Beginning:

18/09/23  
09/10/23  
06/11/23  
27/11/23

### Week 3

#### Monday

Main: Mac & Cheese  
Side: Garlic bread, seasonal vegetables  
Dessert: Cream berry waffle & whipped cream

#### Tuesday

Main: Chicken Biryani  
Side: Samosa, Cucumber & Raita  
Dessert: Angel delight with fruit

#### Wednesday

Main: Pizza  
Side: Potato salad, sweet corn, beans &  
coleslaw  
Dessert: Eton Mess

#### Thursday

Main: Chinese stir fry with vegetables  
Side: Veg spring roll, prawn crackers,  
vegetables, curry sauce  
Dessert: Fruit trifle  
**Student Voice**

#### Friday

Main: Happy chesse burgers (beef)  
Side: Chips, Seasonal vegetables  
Dessert: Chocolate Pudding

**Allergy Information:** Some of the in-store food products we purchase may contain additional allergens due to the way the item has been prepared. We will notify parents/carers to ensure we have the necessary information to cater for your child.

**Available daily: Fresh fruit, water & Yoghurt, Fresh Sandwiches: Choice of filling: Tuna & Sweetcorn, Egg Mayo & Cheese, Daily Salad Selection.**

Our menus change each term and have been designed to incorporate a balanced diet, student preferences, seasonal produce and alignment with Read Academy's five key strands.

We use locally sourced ingredients when available and in season.

