



## West Norfolk Academies Trust

### Menu

#### Sundries

##### Drinks (Available Breakfast, Break and Lunch)

Aqua Splash	500ml	Citrus/Fruits of the Forest/Orange/Passion Fruit	£0.70
Juice Cartons	200ml	Apple/Orange	£0.70
Milkshake Carton	200ml	Chocolate/Banana/Strawberry	£0.70
Bottled Juice	500ml	Orange/Cranberry/Apple/Passion Fruit	£1.25
Bottled Water	500ml	Still	£0.70

##### Cold Snacks (Available Break and Lunch)

Fruit	Whole piece of fruit	£0.45
Fruit slices	Bag of freshly sliced fruit	£0.65
Brownie	Single	£1.00
Muffin	Chocolate or Blueberry	£1.00
Wraps	Selection of freshly prepared wraps	£1.20
Sandwiches*	Selection of freshly prepared sandwiches	£1.20
Baguettes*	Selection of freshly prepared baguettes	£1.50

##### Dry Goods (Available Break and Lunch)

Biscuit	Small packet of various biscuits (2 per pack)	£0.50
Flap Jack	Pre packed (Oat so simple)	£1.00
Cookie	One large pre packed (Oat so simple)	£1.00

***\*Gluten free options available alongside a selection of Gluten free cakes***

## Main Menu

Breakfast Menu (currently available at Springwood and St Clements High schools)

Bacon Roll	Vegan/Vegetarian option available	£1.20
Sausage Roll	Vegan/Vegetarian option available	£1.20
Waffles		£0.70
Pancakes		£0.70
Porridge	Available during the winter months	£0.60
Cereal		£0.50
Toast		£0.50
Crumpets		£0.50

## Break Menu

Chicken Burger		£1.30
Vegan Burger		£1.30
Pizza Slice	Peperoni/Cheese and Tomato	£1.25
Panini	Cheese/Cheese and Tom/Cheese and ham/Peperoni	£1.30
Toasties	Cheese/Cheese and ham/Cheese and Tomato	£1.25
Sausage Roll		£1.10
Pain au chocolat		£1.00
Cinnamon swirl		£1.00

## Lunch Menu

Main Meal	<i>See Main meal options</i>	£2.40
Plain Pasta Pot		£0.60
Pasta Pot with sauce	Tomato and basil/Sauce of the day	£1.40
Salad	Tuna/Cheese/Ham	£1.40

Meal Deal Options £2.60

Main meal + £0.70 drink.	£2.60
Main meal + Piece of fruit or packet of biscuits.	£2.60
Wrap or sandwich + Piece of fruit or packet of biscuits + £0.70 drink.	£2.60
Pasta Pot with sauce + £1.00 cold snack or dry goods + £0.70 drink.	£2.60



## Main Meals

### Monday and Tuesday

*To ensure that all pupils receive a healthy balanced meal and that our menu's remain interesting for our students, pupils will be served one of the following options on a rotational basis.*

**Hunter's Chicken** - Chicken Fillet (half), bacon and BBQ sauce - served with Seasoned Wedges.

\*Vegan alternative available

**Macaroni and Cheese** - Served with Garlic Bread and salad.

**Chilli con carne (butcher's mince)** - Served with Nachos and grated cheese.

\*Vegetarian option available

**Cottage Pie**- Served with peas, sweetcorn and gravy.

**Lasagne** - Served with garlic bread and salad.

\*Vegan alternative available

**Sweet chilli chicken** - Served with rice.

**Southern fried chicken burger** - served in a brioche bun with lettuce and mayo and oven baked curly fries.

\*Vegan alternative available

**Tagliatelle Carbonara** - served with garlic bread.

**7" Yorkshire Pudding with Sausages** - served with mashed potatoes, carrots, peas and gravy.

### Wednesday – Curry day

**Chicken Korma/Chicken Tikka/Vegetable Curry** – Served with rice, Naan bread and mango chutney

***\*Vegetable curry also suitable for Vegans.***

### Thursday – Roast day

**Roast beef, chicken or pork** – Served with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy.

***\*Quorn fillet option available for vegetarian/vegan (vegan option – served without Yorkshire pudding)***

### Friday – Chip day

**Battered Fish and chips** – Served with a choice of peas, beans or sweetcorn.

**Halal Chicken nuggets** and chips available as an alternative to fish.

***\*Vegan burger and chips option available.***