

West Norfolk Academies Trust

Menu 2022/2023

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 2022/2023

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 2022/2023

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.***