**Links Multi Academy Trust Food Menu – Autumn Term 23**

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| **Week 1** **Monday 30.10.23** | **Tuesday 31.10.23** | **Wednesday 01.11.23** | **Thursday 02.11.23** | **Friday 03.11.23** |
| HTF - Teriyaki chicken noodles with prawn crackersJam roly - poly | HTF - Variety of sandwichesHalloween cookies | HTF - Beef burgers served with seasoned wedges and saladChocolate brownies | HTF – Variety of wraps and biscuits | HTF – Variety of pizza and seasoned wedgesChocolate brownies |
| STA – Variety of sandwiches | HTF - Teriyaki chicken noodles with prawn crackersHalloween cookies | STA - Variety of wraps  | ST Albans – Beef burgers served with seasoned wedges and saladChocolate brownies |  |
| **Week 2****Monday 06.11.23** | **Tuesday 07.11.23** | **Wednesday 08.11.23** | **Thursday 09.11.23** | **Friday 10.11.23** |
| HTF – Chicken fajitas served with Mexican rice and saladSprinkle cake | HTF – Variety of bagels FruitYoghurts | HTF – Chicken/ vegetable katsu curry served with basmati rice and naan breadStrawberry jam sponge cake  | HTF – Variety of sandwichesFruitYoghurts | Macaroni Cheese served with seasonal veg and garlic breadCupcakes |
| STA – Variety of bagels | STA - Chicken fajitas served with Mexican rice and saladSprinkle cake | STA – Variety of sandwiches | STA - Chicken katsu/ vegetable curry served with basmati rice and naan breadStrawberry jam sponge cake |  |
| **Week 3****Monday 13.11.23** | **Tuesday 14.11.23** | **Wednesday 15.11.23** | **Thursday 16.11.23** | **Friday 17.11.23** |
| HTF – Penne pasta with meatball served with garlic breadChoc chip cookies | HTF – Variety of wrapsFruitYoghurts | HTF – Sausages/ vegan sausages served with mash and vegApple crumble served with custard | HTF – Variety of sandwichesFruitYoghurts | HTF – Chicken burgers served with curly fries and saladChocolate rice crispy cupcakes |
| STA – Variety of wraps | STA - Penne pasta with meatball served with garlic breadChoc chip cookies | STA – Variety of wraps | STA - Sausages/ vegan sausages served with mash and vegApple crumble served with custard |  |
| **Week 4****Monday 20.11.23** | **Tuesday 21.11.23** | **Wednesday 22.11.23** | **Thursday 23.11.23** | **Friday 24.11.23** |
| HTF – BBQ chicken served with chunky chips and seasonal vegFlapjack | HTF – Variety of bagelsFruit Yoghurts | HTF – Beef/ Vegetable madras served with vegetable rice and naan breadFruit salad served with cream | HTF – Variety of wrapsFruit Yoghurts | HTF – Fish fingers served with chips and peasChocolate sponge cake |
| STA – Variety of bagels | STA - BBQ chicken served with chunky chips and seasonal vegFlapjack | STA – Variety of wraps | STA - Beef/ Vegetable madras served with vegetable rice and naan breadFruit salad served with cream |  |
| **Week 5****Monday 27.11.23** | **Tuesday 28.11.23** | **Wednesday 29.11.23** | **Thursday 30.11.23** | **Friday 01.12.23** |
| HTF – Southern fried tenders served with coconut rice and seasonal vegChocolate cornflake cupcakes | HTF – Variety of sandwichesFruitYoghurts | HTF – Lasagne/ vegetable lasagna served with garlic bread and seasonal vegApple sponge cake | HTF – Variety of wraps FruitYoghurts | HTF – Sweet and sour chicken noodles served with prawn crackersChocolate brownies |
| STA - Variety of sandwiches | STA - Southern fried tenders served with coconut rice and seasonal vegChocolate cornflake cupcakes | STA – Variety of wraps | STA - Lasagne/ vegetable lasagna served with garlic bread and seasonal vegApple sponge cake |  |
| **Week 6****Monday 04.12.23** | **Tuesday 05.12.23** | **Wednesday 06.12.23** | **Thursday 07.12.23** | **Friday 08.12.23** |
| HTF – Carbonara served with garlic bread and seasonal vegIce cream pots | HTF – Variety of bagelsFruitYoghurts | HTF – Jerk chicken served with rice, peas and coleslawVictoria sponge cake | HTF – Variety of sandwichesFruitYoghurt | HTF – Jacket potatoes served with a variety of toppings and saladCupcakes |
| STA – Variety of bagels | STA - Carbonara served with garlic bread and seasonal vegIce cream pots | STA – Variety of sandwiches | STA - Jerk chicken served with rice, peas and coleslawVictoria sponge cake |  |
| **Week 7****Monday 11.12.23** | **Tuesday 12.12.23** | **Wednesday 13.12.23** | **Thursday 14.12.23** | **Friday 15.12.23** |
| HTF – Thin crust pizza served with seasoned wedges and saladRocky road | HTF – Variety of wrapsFruit Yoghurts | HTF – Chicken/ vegetable pie served with mash and seasonal vegJelly and ice cream | HTF – Variety of bagelsFruitYoghurts | Spaghetti Bolognese served with garlic bread and salad |
| STA – Variety of wraps | STA - Thin crust pizza served with seasoned wedges and saladRocky road | STA – Variety of bagels | STA - Chicken/ vegetable pie served with mash and seasonal vegJelly and ice cream |  |
| **Week** **Monday 18.12.23** | **Tuesday 19.12.23** | **Wednesday 20.12.23** |  |  |
| HTF – Thin crust pizza served with seasoned wedges and saladRocky road | HTF - Christmas Dinner | HTF - Packed Lunch |  |  |
| STA – Variety of wraps | STA – Christmas Dinner | STA - Packed Lunch |  |  |