**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 crackers  Jam roly - poly | HTF - Variety of sandwiches  Halloween cookies | HTF - Beef burgers served with seasoned wedges and salad  Chocolate brownies | HTF – Variety of wraps and biscuits | HTF – Variety of pizza and seasoned wedges  Chocolate brownies |
| STA – Variety of sandwiches | HTF - Teriyaki chicken noodles with prawn crackers  Halloween cookies | STA - Variety of wraps | ST Albans – Beef burgers served with seasoned wedges and salad  Chocolate 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 salad  Sprinkle cake | HTF – Variety of bagels  Fruit  Yoghurts | HTF – Chicken/ vegetable katsu curry served with basmati rice and naan bread  Strawberry jam sponge cake | HTF – Variety of sandwiches  Fruit  Yoghurts | Macaroni Cheese served with seasonal veg and garlic bread  Cupcakes |
| STA – Variety of bagels | STA - Chicken fajitas served with Mexican rice and salad  Sprinkle cake | STA – Variety of sandwiches | STA - Chicken katsu/ vegetable curry served with basmati rice and naan bread  Strawberry 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 bread  Choc chip cookies | HTF – Variety of wraps  Fruit  Yoghurts | HTF – Sausages/ vegan sausages served with mash and veg  Apple crumble served with custard | HTF – Variety of sandwiches  Fruit  Yoghurts | HTF – Chicken burgers served with curly fries and salad  Chocolate rice crispy cupcakes |
| STA – Variety of wraps | STA - Penne pasta with meatball served with garlic bread  Choc chip cookies | STA – Variety of wraps | STA - Sausages/ vegan sausages served with mash and veg  Apple 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 veg  Flapjack | HTF – Variety of bagels  Fruit  Yoghurts | HTF – Beef/ Vegetable madras served with vegetable rice and naan bread  Fruit salad served with cream | HTF – Variety of wraps  Fruit  Yoghurts | HTF – Fish fingers served with chips and peas  Chocolate sponge cake |
| STA – Variety of bagels | STA - BBQ chicken served with chunky chips and seasonal veg  Flapjack | STA – Variety of wraps | STA - Beef/ Vegetable madras served with vegetable rice and naan bread  Fruit 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 veg  Chocolate cornflake cupcakes | HTF – Variety of sandwiches  Fruit  Yoghurts | HTF – Lasagne/ vegetable lasagna served with garlic bread and seasonal veg  Apple sponge cake | HTF – Variety of wraps  Fruit  Yoghurts | HTF – Sweet and sour chicken noodles served with prawn crackers  Chocolate brownies |
| STA - Variety of sandwiches | STA - Southern fried tenders served with coconut rice and seasonal veg  Chocolate cornflake cupcakes | STA – Variety of wraps | STA - Lasagne/ vegetable lasagna served with garlic bread and seasonal veg  Apple 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 veg  Ice cream pots | HTF – Variety of bagels  Fruit  Yoghurts | HTF – Jerk chicken served with rice, peas and coleslaw  Victoria sponge cake | HTF – Variety of sandwiches  Fruit  Yoghurt | HTF – Jacket potatoes served with a variety of toppings and salad  Cupcakes |
| STA – Variety of bagels | STA - Carbonara served with garlic bread and seasonal veg  Ice cream pots | STA – Variety of sandwiches | STA - Jerk chicken served with rice, peas and coleslaw  Victoria 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 salad  Rocky road | HTF – Variety of wraps  Fruit  Yoghurts | HTF – Chicken/ vegetable pie served with mash and seasonal veg  Jelly and ice cream | HTF – Variety of bagels  Fruit  Yoghurts | Spaghetti Bolognese served with garlic bread and salad |
| STA – Variety of wraps | STA - Thin crust pizza served with seasoned wedges and salad  Rocky road | STA – Variety of bagels | STA - Chicken/ vegetable pie served with mash and seasonal veg  Jelly 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 salad  Rocky road | HTF - Christmas Dinner | HTF - Packed Lunch |  |  |
| STA – Variety of wraps | STA – Christmas Dinner | STA - Packed Lunch |  |  |