

# The West Vale Academy – Autumn/Winter Term Weekly Menu 2024/2025

Healthy Choice  
Higher in Fat  
Higher in Sugar

## Week 1

MONDAY

Beef stew & Yorkshire pudding  
Vegetable stew & Yorkshire pudding (V)  
Jacket potato with beans (V)  
Tuna mayo wrap

Sides  
Broccoli  
Sweetcorn  
Salad  
Dessert  
Fruit Flapjack  
Yoghurt  
Fruit

TUESDAY

Pork sausage in a finger roll  
Veggie sausage in a finger roll (V)  
Pizza panini (V)  
Cheese bap (V)

Side  
Baked beans  
Mixed vegetables  
Salad  
Dessert  
Chocolate brownie with ice cream  
Yoghurt  
Fruit

WEDNESDAY

Chicken pesto pasta  
Veggie cottage pie (V)  
Jacket potato with Tuna mayo  
Ham Sandwich

Sides  
Green beans  
Diced carrots  
Salad  
Dessert  
Shortcake slice  
Yoghurt  
Fruit

THURSDAY

Battered fish butty  
Macaroni cheese with garlic slice (V)  
Ham and cheese panini  
Tuna mayo wrap

Sides  
Sweetcorn  
Peas  
Salad  
Dessert  
Rice crispy square  
Yoghurt  
Fruit

FRIDAY

Beef lasagne with garlic bread  
Cheese and tomato pizza with fries (V)  
Jacket potato with cheese & beans (V)

Sides  
Broccoli  
Mixed veg  
Salad  
Dessert  
Chocolate sponge with custard  
Yoghurt  
Fruit

## Week 2

MONDAY

Beef meatballs in gravy with mash  
Sweet potato and chickpea curry with rice (V)  
Jacket potato with cheese (V)  
Tuna mayo wrap

Sides  
Broccoli  
Sweetcorn  
Salad  
Dessert  
Carrot cake  
Yoghurt  
Fruit

TUESDAY

Sausage Roll with roast potatoes  
Quorn sausage roll with roast potatoes (V)  
Tuna melt panini (V)  
Cheese bap (V)

Sides  
Diced carrots  
Green cabbage  
Salad  
Dessert  
Jam sponge & custard  
Yoghurt  
Fruit

WEDNESDAY

Sweet & sour chicken with rice  
Vegetable pasta with garlic slice (V)  
Jacket potato with beans (V)  
Turkey bap

Sides  
Mixed vegetables  
Salad  
Dessert  
Chocolate delight  
Yoghurt  
Fruit

THURSDAY

Fish fingers & Mashed potato  
Ham hock casserole and crusty bread  
Pizza panini (V)  
Ham and cheese roll

Sides  
Peas and carrots mix  
Salad  
Dessert  
Cheese and crackers  
Yoghurt  
Fruit

FRIDAY

Spaghetti Bolognaise  
Pizza with fries (V)  
Jacket potato with cheese (V)

Sides  
Baked beans  
Sweetcorn  
Salad  
Dessert  
Fruit muffin  
Yoghurt  
Fruit

## Week 3

MONDAY

Roast chicken dinner with roast potatoes  
Vegetable casserole with crusty bread (V)  
Jacket potato with cheese and beans (V)  
Tuna mayo roll

Sides  
Diced carrots  
Broccoli  
Salad  
Dessert  
Chocolate muffin  
Yoghurt  
Fruit

TUESDAY

Chicken pie with new potatoes  
Vegetable pie with new potatoes (V)  
BBQ chicken panini  
Cheese bap (V)

Sides  
Mixed vegetables  
Salad  
Dessert  
Fruit jelly with ice cream  
Yoghurt  
Fruit

WEDNESDAY

Sausage in gravy with mashed potato  
Veg sausage in gravy with mashed potato (V)  
Jacket potato with tuna mayo  
Ham and cheese wrap

Sides  
Sweetcorn  
Carrots  
Salad  
Dessert  
Syrup sponge with custard  
Yoghurt  
Fruit

THURSDAY

Chicken curry with rice  
Sweet potato and red pepper curry (V)  
Chicken fillet burger in a bun  
Southern style veg burger in a bun (V)

Sides  
Peas  
Salad  
Dessert  
Ice cream sponge roll  
Yoghurt  
Fruit

FRIDAY

Cottage pie  
Veg cottage pie (V)  
Pizza with fries (V)

Sides  
Baked beans  
Broccoli  
Salad  
Dessert  
Oat cookie  
Yoghurt  
Fruit

All our food is mainly home produced and all cooked fresh on site

Fresh salad, fruit and bread available daily

Our menu conforms to the [School Foods Standards](#)

All desserts are suitable for vegetarians

We aim to reduce sugar levels in Baked desserts by 25% and replace with fruit where possible