AUTUMN/ WINTER 2026

FRESH!

NUTRITIOUS

Chartwells Schools

MIDDLETON-IN-TEESDALE ACADEMY

MEALS AT A GLANCE

We believe school meals should be nutritious, varied and enjoyable - helping every child feel fuelled, focused and ready to learn.

Nutritious and Balanced

- Our Autumn/Winter menu provides balanced, tasty and nutritious meals for pupils
- Meals are carefully balanced with carbohydrates, protein and healthy fats to support wellbeing
- Menus offer variety, colour and familiar seasonal dishes that appeal to pupils

Fresh and Varied

- Fresh fruit and vegetables are avaliable daily to encourage nutrient dense plates
- A wide variety of colourful vegetables are offered each week including seasonal choices where possible

Standards You Can Trust

- All Menus are developed in line with the School Food Standards
- No Food Standards Agency (FSA) prohibited additives are used in our meals
- Meat dishes meet Government Buying Standards (GBS) requirements
- Oily Fish is included in accordance with the School Food Standards

Something for Everyone

- Vegetarian options are avaliable every day with plant-based dishes featured across the menu cycle
- Allergy Aware and bespoke menus are avaliable to support pupils with specific dietary needs

Healthier Choices

- Wholegrain carbohydrate options are regulary included, such as, wholemeal bread, wholegrain rice and wholewheat pasta
- Ingredients and recipes meet, or are below, Public Health England targets for sugar and salt

TASTY

FRUITY!

AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS TASTY MESSY FRUITY!

Chartwells Durham County Council Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES — OPTION 1	Cheese and Tomato Pizza with Potato Wedges / Pasta (V, Wholegrain)	Sausage Burger with Corn on the Cob (Nutritionist's Choice)	Roast Chicken, Yorkshire Pudding Stuffing, New Potatoes and Gravy	Mince and Onion Pie with Mashed Potato (Nutritionist's Choice)	Fish Fingers with Chips
HOT DISHES — OPTION 2	Messy Spaghetti (V, Nutritionist's Choice)	Veggie Burger with Corn on the Cob (V)	Quorn Roast, Yorkshire Pudding Stuffing, New Potatoes and Gravy (V, Nutritionist's Choice)	BBQ Veggie Wrap with Wholegrain Rice (V, Wholegrain, Nutritionist's Choice)	Quorn Dippers with Chips (VE)
HOT DISHES — OPTION 3	Cheese and Tomato Panini Melt (V)	Cheese and Tuna Panini Melt	Cheese Panini Melt (V)	Cheese and Tomato Panini Melt (V)	Baked Bean and Cheese Panini Melt (V)
DELI — OPTION 4	Jacket Potato with Salmon	Jacket Potato with Baked Beans (V)	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese (V)	Jacket Potato with Baked Beans (V)
	ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD				
VEG	Sweetcorn Salad Bar (Nutritionist's Choice)	Coleslaw Big Bowl Salad (Nutritionist's Choice)	Broccoli Carrots (Nutritionist's Choice)	Carrots Sweetcorn (Nutritionist's Choice)	Garden Peas Baked Beans (Nutritionist's Choice)
DESSERT	Ice Cream	Ginger Biscuit with Fruit (Fruity)	Jam Slice with Custard (Nutritionist's Choice)	Flapjack (Nutritionist's Choice)	Fruit (Fruity)

AVAILABLE DAILY

FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

V Vegetarian · Wholegrain · Nutritionist's Choice · Oily Fish (Salmon) · Fruity · VE Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1
WEEK 2
WEEK 3

2/11/2026, 23/11/2026, 14/12/2026,
18/01/2027, 08/02/2027, 08/03/2027

AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS

Chartwells Durham County Council Schools

HOT DISHES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	BBQ Cheese Pizza with Potato Wedges / Pasta	Beef Burger in a Bun with Corn on the Cob	Roast Pork , Yorkshire Pudding, New Potatoes & Gravy	Butter Chicken Curry with Rice & Naan Bread	Fish Fingers with Chips
OPTION 2	Macaroni Cheese	Veggie Salsa Burger with Corn on the Cob	Roast Quorn, Yorkshire Pudding, New Potatoes & Gravy	Beany Pasta Bake	Quorn Dippers with Chips
OPTION 3	Cheese and Tomato Panini Melt	Cheese and Tuna Panini Melt	Cheese Panini Melt	Cheese and Tomato Panini Melt	Baked Bean and Cheese Panini Melt
OPTION 4	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Baked Beans
	ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD				
VEG	Sweetcorn Salad Bar	Salad Bar Coleslaw	Broccoli Carrots	Sweetcorn Green Beans	Garden Peas Baked Beans
DESSERT	Ice Cream	Chocolate Cookie with Fruit	Raspberry Yoghurt Cake with Custard	Vanilla Crunch	Fruit

TASTY DELI

FRUITY!

AVAILABLE DAILY

FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

Vegetarian Wholegrain Nutritionist's Choice Oily Fish (Salmon) Fruity Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1 09/11/2026, 30/11/2026, 04/01/2027,
WEEK 2 25/01/2027, 22/02/2027, 15/03/2027
WEEK 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES — OPTION 1	Cheese and Tomato Pizza with Potato Wedges / Pasta	THEME DAY Chicken Parmo with Tomato Spaghetti	Roast Gammon, Yorkshire Pudding, New Potatoes & Gravy	Sausage Roll with Baked Beans & Potato Wedges	Fish Fingers with Chips
OPTION 2	Creamy Pasta	Chinese Vegetable Rice	Roast Quorn, Yorkshire Pudding, New Potatoes & Gravy	BBQ Fillet with Wholegrain Rice	Quorn Dippers with Chips
OPTION 3	Cheese and Tomato Panini Melt	Cheese and Tuna Panini Melt	Cheese Panini Melt	Cheese and Tomato Panini Melt	Baked Bean and Cheese Panini Melt
DELI — OPTION 4	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese	Jacket Potato with Baked Beans
	ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD				
VEG	Garden Peas Salad Bar	Sweetcorn Big Bowl Salad	Broccoli Carrots	Salad Bar Sweetcorn	Garden Peas Baked Beans
DESSERT	Ice Cream	Custard Cookie with Fruit	Syrup Sponge with Custard	Chocolate Crunch	Fruit

PARMO

AVAILABLE DAILY

FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

V Vegetarian · Wholegrain · Nutritionist's Choice · Oily Fish (Salmon) · Fruity · VE Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1
WEEK 2
WEEK 3

16/11/2026, 07/12/2026, 11/01/2027, 01/02/2027, 01/03/2027, 22/03/2027