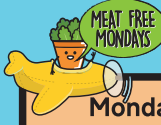


# THOMAS'S ACADEMY

SUMMER 2022

## WEEK 1

18/04, 09/05, 06/06,  
27/06, 18/07



### Option 1

Cheese and Tomato  
Pizza served with Potato  
Wedges

### Tuesday.

Beef Lasagne

### Wednesday.

Beef Burger served with  
New Potatoes

### Thursday.

Sticky Hoisin Chicken  
served with Noodles

### Friday.

Gluten Free Breaded Fish  
served with Chips

### Option 2 V Vegetarian

Rainbow Pizza served  
with Potato Wedges

Vegetable Lasagne

Vegetarian Sausage  
served with Apple Sauce  
and New Potatoes (Ve)

Chinese Vegetable  
Noodles with Edamame  
Beans

Vegetable Nuggets  
served with Chips (Ve)

### Option 3

Three Bean Pasta (Ve)

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Tomato and Basil Pasta (Ve)

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Jacket Potato served with  
Cheese, Baked Beans  
(Ve), Tuna Mayonnaise or  
Coleslaw

### Vegetables

Sweetcorn Broccoli

Medley of Vegetables

Carrots Cabbage

Cauliflower Green Beans

Baked Beans Garden  
Peas

### Dessert

Fruit Slushy (Ve)

Fresh Fruit or Yoghurt

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Summer Fruits Sponge

## WEEK 2

25/04, 16/05,  
13/06, 04/07

### Option 1

Crunchy Topped  
Macaroni Cheese

### Tuesday.

Tuna Pasta Bake

### Wednesday.

Roast Chicken served  
with Roast Potatoes,  
Stuffing and Gravy

### Thursday.

Beef Chilli Con Carne  
served with Steamed Rice

### Friday.

Fish Fingers or Salmon  
Fish Fingers served with  
Chips

### Option 2 V Vegetarian

Sweet Potato, Spinach  
and Lentil Curry served  
with Steamed Rice (Ve)

Falafel Burger with  
Mango Chutney and  
Herby Diced Potatoes

Potato and Spinach  
Frittata served with Roast  
Potatoes

Veggie Chilli served with  
Steamed Rice (Ve)

Meat(less) Ball Pasta  
Bake (Ve)

### Option 3

Roasted Vegetable Pasta  
(Ve)

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Neapolitan Pasta (Ve)

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Jacket Potato served with  
Cheese, Baked Beans  
(Ve), Tuna Mayonnaise or  
Coleslaw

### Vegetables

Green Beans Carrots

Broccoli Sweetcorn

Garden Peas Cabbage

Carrots Sweetcorn

Baked Beans Garden  
Peas

### Dessert

Fruit Slushy (Ve)

Fresh Fruit or Yoghurt

Sugar Free Vanilla Cookie

Fresh Fruit or Yoghurt

Apple Crunch (Ve)

## WEEK 3

02/05, 23/05,  
20/06, 11/07

### Option 1

Tomato and Mascarpone  
Pasta

### Tuesday.

Cajun Chicken Pizza  
served with Potato  
Wedges

### Wednesday.

Chicken Sausages  
served with Mashed New  
Potatoes and Gravy

### Thursday.

Minced Beef and Pasta  
Bake with a Cheesy  
Topping

### Friday.

Gluten Free Breaded Fish  
served with Chips

### Option 2 V Vegetarian

Spicy Vegetable Rice (Ve)

Cheese and Tomato  
Pizza served with Potato  
Wedges

Vegetarian Sausage (Ve)  
served with Mashed New  
Potatoes and Gravy

Veggie Mince and Pasta  
Bake with a Cheesy  
Topping

Vegetable Nuggets  
served with Chips (Ve)

### Option 3

Pesto Pasta (Ve)

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Macaroni Cheese

Build your own Bap or  
Baguette. Choose from  
Cheese, Tuna Mayonnaise,  
Egg Mayonnaise or  
Roasted Vegetables and  
Hummus (Ve)

Jacket Potato served with  
Cheese, Baked Beans  
(Ve), Tuna Mayonnaise or  
Coleslaw

### Vegetables

Cauliflower Garden Peas

Carrots Sweetcorn

Garden Peas Cabbage

Medley of Vegetables

Baked Beans Garden  
Peas

### Dessert

Fruit Slushy (Ve)

Fresh Fruit or Yoghurt

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Orange Jelly with  
Mandarins (Ve)



FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY  
WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS:

