Well 2014 Well 2010 124 Well 2	THOMASIS	ACADEMY				FOOD SHAFE	30
Monday. Calculate Register	SPRING 2024			WEDNESDAY WEDNESDAY		Soil Association	
Option 2 Option 2 Option 2 Option 2 Option 3 Option 3 Option 3 Option 3 Option 3 Option 4 Option 3 Option 3 Option 3 Option 4 Option 4 Option 5 Option 5 Option 5 Option 6 Option 6 Option 6 Option 7 Option 7 Option 7 Option 8 Option 7 Option 8 Option 9 Opt	08/01/24, 29/01/24,	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
Option 3 Option 3 Tomato and Spirach Parts (Ve) Vegetables Seventcorn Carrots Peas Peas Peas Peas Peas Peas Peas Pea							
Vegetables Sweetcorn Carrots Peas Carrots Peas Carrots Peas Sweetcorn Carrots Peas Sweetcorn Carrots Peas Peas Carrots Peas Peas Carrots Peas Peas Carrots Peas	•	, ,	with Coleslaw	with Roast Potatoes	Tortilla and Rice	with Chips and Tomato Ketchup (Ve)	
Dessert Fresh Fruit or Yoghurt Crange Drizzle Cake Fruit Salad (Ve) Fresh Fruit or Yoghurt Stewed Apples with Ico	Option 3			Red Pepper Pasta (Ve)			
WEEK 2 Nonday. Wednesday. Wednesday. Option 1 Vegetarian Meathall Sub topped with Cheese Crunchly topped Vegetarian Bolognaise with Pasta (Ve) Option 3 Crunchly topped Vegetarian Bolognaise with New Footations (Ve) Option 3 Tomato and Basil Pasta (Ve) Carrots Green Beans Sweetcom Peas Sweetcom Apple Sponge with Custard Peas Fruit or Yoghurt Vanilla Shortbread (Ve) Pish Cake with Chips and Tomato Actic per Beans Carrots Creen Beans Carrots Thursday. Cheese and Tomato Pisza with Potato Wedges Vanilla Shortbread (Ve) Vegetarian Sausage in a Yotharian Sausage in a Yotharian Sausage in a Yotharian Sausage in a Yotharian Sausage with Chips and Tomato Actic per Vegetarian Sausage with Chips	Vegetables						
Vegetarian Meathail Sub	Dessert	Fresh Fruit or Yoghurt	Orange Drizzle Cake	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Stewed Apples with Ice Cream	18
Usegetarian Meatball Sub topped with Cheese Pasta Continue Pasta Pasta		Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	
Option 2 V Vegetarian Option 3 Tomato and Basil Pasta (Ve) Dessert Fresh Fruit or Yoghurt Option 1 Option 2 Option 3 Vegetables Peas Sweetcorn Fresh Fruit or Yoghurt Apple Sponge with Custard Tuesday. Cajun Chicken with Rice Option 1 Option 2 Option 3 Peas Sweetcorn Fresh Fruit or Yoghurt Option 1 Option 2 Option 3 Peas Sweetcorn Apple Sponge with Custard Tuesday. Cajun Chicken with Rice Cajun Chicken with Rice Option 1 Option 2 Option 3 Peas Sweetcorn Carots Green Beans				Yorkshire Pudding with	Butter Chicken with Rice		Ell Street
Vegetables Peas Sweetcorn Carrots Green Beans Peas Sweetcorn Apple Sponge with Custard Fruit Salad (Ve) Fresh Fruit or Yoghurt Fruit Salad (Ve) Fresh Fruit or Yoghurt Fruit Salad (Ve) Wednesday. Thursday. Friday. Friday. Friday. Friday. Frish Fingers or Salmon Fingers with Chips and Tomato Wedges Option 1 Option 2 V Vegetable and Lentil Curry with Rice Option 3 Pesto Pasta (Ve) Jacket Potatoes with a		Vegetable Bake with New Potatoes (Ve)	with Pasta (Ve)	a Yorkshire Pudding with Roast Potatoes and Gravy	Wedges (Ve)	with Chips and Tomato	枫
Dessert Fresh Fruit or Yoghurt Apple Sponge with Custard Fruit Salad (Ve) Fresh Fruit or Yoghurt Vanilla Shortbread (Ve) Wednesday. Thursday. Cheese and Tomato Pizza with Potato Wedges Cajun Chicken with Rice Pasta Bake Option 2 V Vegetarian Option 2 V Vegetarian Pesto Pasta (Ve) Jacket Potatoes with a Tomato and Basil Pasta Jacket Potatoes with a Carrots Garden Peas Garden Peas Garden Peas Vanilla Shortbread (Ve) Fish Fingers or Salmon Fingers with Chips and Tomato Ketchup Vegetarian Sausage with Chips and Tomato Ketchup Vegetarian Sausage with Chips and Tomato Ketchup (Ve) Ontion 3 Pesto Pasta (Ve) Jacket Potatoes with a Tomato and Basil Pasta Jacket Potatoes with a Cheesy Tomato Pasta	Option 3			Spicy Tomato Pasta (Ve)		Cheesy Tomato Pasta	V
Pesto Pasta (Ve) Fresh Fruit or Yoghurt Fresh Fruit	Vegetables						
22/01/24, 19/02/24 11/03/24 Option 1 Cheese and Tomato Pizza with Potato Wedges Cajun Chicken with Rice Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Tomato Ketchup Coption 3 Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Tomato And Basil Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topped Beef Pasta Bake Cheesy Topped Beef Pasta Cheesy Topp		Fresh Fruit or Yoghurt		Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Vanilla Shortbread (Ve)	13
Cheese and Tomato Pizza with Potato Wedges Cajun Chicken with Rice Cajun Chicken with Rice Cajun Chicken with Rice Roast Turkey with Roast Potatoes and Gravy Cheesy Topped Beef Pasta Bake Vegetable and Lentil Curry with Roast Potatoes and Gravy Vegetarian Vegetarian Sausage with Chips and Tomato Ketchup Vegetarian Sausage with Chips and Tomato Ketchup (Ve) Jacket Potatoes with a Cheesy Tomato Pasta		Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	H
Vegetarian Curry withRice (Ve) Adaption 3 Posto Pasta (Ve) Jacket Potatoes with a Tomato and Basil Pasta Jacket Potatoes with a Cheese Tomato Pasta			Cajun Chicken with Rice	Roast Turkey with Roast Potatoes and Gravy	Cheesy Topped Beef Pasta Bake	Fingers with Chips and	500
		Chilli Sauce and Rice (Ve)	Curry withRice (Ve)	Potatoes and Gravy		with Chips and Tomato Ketchup (Ve)	
	Option 3	Pesto Pasta (Ve)				Cheesy Tomato Pasta	SUGAR SHERIFF
Vegetables Carrots Green Beans Peas Sweetcorn Green Beans Carrots Sweetcorn Carrots Sweetcorn Carrots	Vegetables						
Dessert Fresh Fruit or Yoghurt Jam and Coconut Sponge with Custard Fruit Salad Fresh Fruit or Yoghurt Chocolate Brownie	Dessert	Fresh Fruit or Yoghurt		Fruit Salad	Fresh Fruit or Yoghurt	Chocolate Brownie	
FRESHLY BAKED BREAD, SALAD BAR, YOGHURT AND FRESH FRUIT ARE AVAILABLE DAILY		FRESI	IIY RAKEN RREAD SALAI) BAR YOGHURT AND FRI	SH FRUIT ARE AVAILARLE	THIS MENU SUPPORTS:	CERTIFIED SUSTAINABLE SEAFOOD MSC





