

THOMAS'S ACADEMY

SPRING 2024

WEEK 1

08/01/24, 29/01/24,
26/02/24, 18/03/24

Option 1

Cheese and Tomato Pizza
with Potato Wedges

Tuesday.

Chicken Burger with
Coleslaw

Wednesday.

Roast Chicken with Roast
Potatoes and Gravy

Thursday.

Beef Chilli Con Carne
with Tortilla and Rice

Friday.

Breaded Fish with Chips
and Tomato Ketchup

Option 2

Jambalaya (Ve)

Vegetable Burger (Ve)
with Coleslaw

Roasted Vegetable Slice
with Roast Potatoes

Tandoori Quorn with
Tortilla and Rice

Vegetable Nuggets
with Chips and Tomato
Ketchup (Ve)

Option 3

Tomato and Spinach
Pasta (Ve)

Jacket Potatoes with a
choice of Fillings

Red Pepper Pasta (Ve)

Jacket Potatoes with a
choice of Fillings

Tomato and Mascarpone
Pasta

Vegetables

Sweetcorn
Carrots

Carrots
Peas

Peas
Sweetcorn

Carrots
Green Beans

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Orange Drizzle Cake

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Stewed Apples with Ice
Cream

WEEK 2

15/01/24, 05/02/24
04/03/24, 25/03/24

Option 1

Vegetarian Meatball Sub
topped with Cheese

Tuesday.

Beef Bolognaise with
Pasta

Wednesday.

Chicken Sausages in a
Yorkshire Pudding with
Roast Potatoes and Gravy

Thursday.

Butter Chicken with Rice

Friday.

Fish Cake with Chips and
Tomato Ketchup

Option 2

Crunchy topped
Vegetable Bake with
New Potatoes (Ve)

Vegetarian Bolognaise
with Pasta (Ve)

Vegetarian Sausages in a
Yorkshire Pudding with
Roast Potatoes and Gravy

Chilli Bean Loaded
Wedges (Ve)

Vegetable Fingers
with Chips and Tomato
Ketchup (Ve)

Option 3

Tomato and Basil Pasta
(Ve)

Jacket Potatoes with a
choice of Fillings

Spicy Tomato Pasta (Ve)

Jacket Potatoes with a
choice of Fillings

Cheesy Tomato Pasta

Vegetables

Peas
Sweetcorn

Carrots
Green Beans

Peas
Sweetcorn

Green Beans
Carrots

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Apple Sponge with
Custard

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Vanilla Shortbread (Ve)

WEEK 3

22/01/24, 19/02/24
11/03/24

Option 1

Cheese and Tomato Pizza
with Potato Wedges

Tuesday.

Cajun Chicken with Rice

Wednesday.

Roast Turkey with Roast
Potatoes and Gravy

Thursday.

Cheesy Topped Beef
Pasta Bake

Friday.

Fish Fingers or Salmon
Fingers with Chips and
Tomato Ketchup

Option 2

Onion Bhajis with Sweet
Chilli Sauce and Rice (Ve)

Vegetable and Lentil
Curry with Rice (Ve)

Roast Quorn with Roast
Potatoes and Gravy

Macaroni Cheese

Vegetarian Sausage
with Chips and Tomato
Ketchup (Ve)

Option 3

Pesto Pasta (Ve)

Jacket Potatoes with a
choice of Fillings

Tomato and Basil Pasta
(Ve)

Jacket Potatoes with a
choice of Fillings

Cheesy Tomato Pasta

Vegetables

Carrots
Green Beans

Peas
Sweetcorn

Green Beans
Carrots

Sweetcorn
Carrots

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Jam and Coconut Sponge
with Custard

Fruit Salad

Fresh Fruit or Yoghurt

Chocolate Brownie

THIS MENU SUPPORTS:



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.

radish
IT'S ALL GOOD

