

WEEK 1

THOMAS'S ACADEMY

WINTER 2023

radish
IT'S ALL GOOD



Week Commencing:
04/09/23, 25/09/23,
16/10/23, 13/11/23,
04/12/23

Option 1

Monday.

Vegetable and Lentil
Curry with Rice (Ve)

Tuesday.

Chinese Chicken
with Rice

Wednesday.

Roast Turkey with Roast
Potatoes and Gravy

Thursday.

Beef Lasagne
with Garlic Bread

Friday.

Fish Pie with a Potato Top

Option 2 V
Vegetarian

Onion Bhaji Burger with
New Potatoes

Sweet Chilli Vegetable
Stir Fry (Ve)

Roast Quorn with Roast
Potatoes and Gravy

Vegetable Lasagne with
Garlic Bread

Cheese and Tomato Pizza
with Potato Wedges

Option 3

Tomato and Basil Pasta
(Ve)

Jacket Potato with a
choice of Fillings

Neapolitan Pasta (Ve)

Jacket Potato with a
choice of Fillings

Pesto Pasta (Ve)

Vegetables

Carrots
Green Beans

Sweetcorn
Cabbage

Roasted Root Vegetables
Peas

Carrots
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Pancake with Warm
Apple and Berry Sauce

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Carrot Cake

**SUGAR
SHERIFF**

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT
AND FRESH FRUIT ARE AVAILABLE DAILY



WEEK 2 THOMAS'S ACADEMY

WINTER 2023

radish
IT'S ALL GOOD



Week Commencing:
11/09/23, 02/10/23,
30/10/23, 20/11/23,
11/12/23

Option 1

Monday.

Vegetarian Sausage Roll
with New Potatoes (Ve)

Tuesday.

Minced Beef Pie with
New Potatoes

Wednesday.

Chicken Sausages
with Mashed Potato
and Gravy

Thursday.

Greek Chicken Pitta

Friday.

Grilled Fish with Chips
and Tomato Ketchup

Option 2 V
Vegetarian

Vegetable Risotto (Ve)

Vegetarian Cottage Pie

Vegetarian Sausages (Ve)
with Mashed Potato
and Gravy

Falafel Pitta

Quorn Dippers with
Chips and Tomato
Ketchup (Ve)

Option 3

Tomato and Basil Pasta
(Ve)

Jacket Potato with a
choice of Fillings

Cheesy Tomato Pasta

Jacket Potato with a
choice of Fillings

Fajita Pasta (Ve)

Vegetables

Broccoli
Sweetcorn

Peas
Carrots

Medley of Vegetables

Carrots
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Vanilla Shortbread and
Raisins (Ve)

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Chocolate Brownie with
Chocolate Custard

**SUGAR
SHERIFF**

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT
AND FRESH FRUIT ARE AVAILABLE DAILY



WEEK 3 THOMAS'S ACADEMY

WINTER 2023

radish
IT'S ALL GOOD



Week Commencing:
18/09/23, 09/10/23,
06/11/23, 27/11/23,
18/12/23

Option 1

Monday.

Vegetarian Sausages (Ve)
with Mashed Potato
and Gravy

Tuesday.

Hot Chicken Bap with
Potato Wedges

Wednesday.

Roast Chicken with Roast
Potatoes and Gravy

Thursday.

Beef Pasta Bolognaise

Friday.

Fish Cake with Chips and
Tomato Ketchup

Option 2 V
Vegetarian

Vegetable Curry with
Rice (Ve)

Veggie Burger with
Potato Wedges (Ve)

Tomato and Spinach
Omelette with Roast
Potatoes

Vegetarian Pasta
Bolognaise (Ve)

Cheese and Onion Pasty
with Chips

Option 3

Macaroni Cheese

Jacket Potato with a
choice of Fillings

Pesto Pasta (Ve)

Jacket Potato with a
choice of Fillings

Tomato and Basil Pasta
(Ve)

Vegetables

Carrots
Green Beans

Sweetcorn
Cauliflower

Carrots
Peas

Broccoli
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fresh Fruit or Yoghurt

Apple Crumble with
Custard

Fruit Salad (Ve)

Fresh Fruit or Yoghurt

Jam and Coconut
Sponge with Custard

**SUGAR
SHERIFF**

FRESHLY BAKED BREAD, SALAD BAR, YOGHURT
AND FRESH FRUIT ARE AVAILABLE DAILY

