

WEEK 1

THOMAS'S ACADEMY

Autumn/Winter 2021

radish
IT'S ALL GOOD



Week Commencing:
30/08, 20/09,
11/10, 08/11,
29/11

Meat-free Mondays

No added Sugar Wednesdays

Option 1

Monday: Cheddar and Caramelized Red Onion Quiche served with New Potatoes

Tuesday: Chicken, Tomato and Pepper Bake served with Steamed Rice

Wednesday: Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday: Beef Keema served with Wholemeal Pitta

Friday: Breaded Fish served with Chips

Option 2 V Vegetarian

Monday: Vegetarian Sausage (Ve) served with Mashed Potato and Gravy

Tuesday: Macaroni Cheese

Wednesday: Roast Quorn served with Stuffing, Roast Potatoes and Gravy

Thursday: Tandoori Vegetables served with Wholemeal Pitta

Friday: Quorn Nuggets served with Chips (Ve)

Option 3

Monday: Tomato and Basil Pasta (Ve)

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

Wednesday: Roasted Red Pepper Pasta (Ve)

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

Friday: Neapolitan Pasta (Ve)

Vegetables

Monday: Roasted Root Vegetables

Tuesday: Carrots Garden Peas

Wednesday: Sweetcorn Steamed Cabbage

Thursday: Green Beans Carrots

Friday: Garden Peas Baked Beans

Dessert

Monday: Fruit Slushy (Ve)

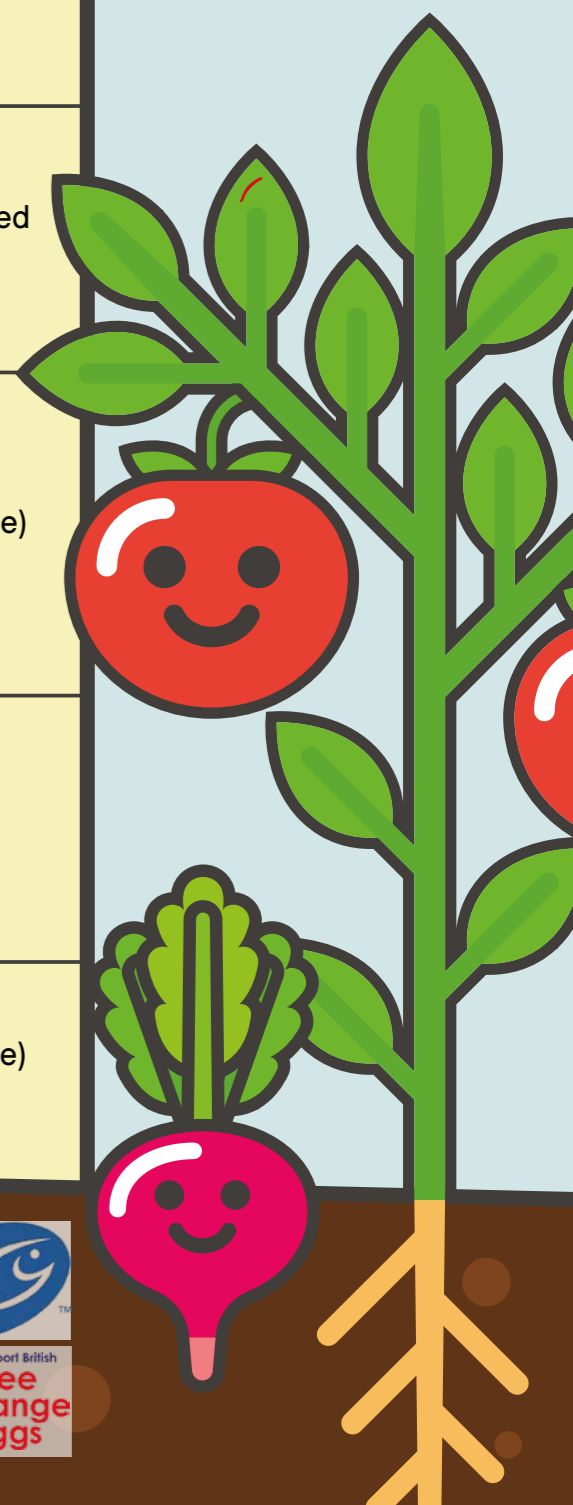
Tuesday: Fresh Fruit or Yoghurt

Wednesday: Fruit Salad (Ve)

Thursday: Fresh Fruit or Yoghurt

Friday: Chocolate Cookie (Ve)

Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily



WEEK 2 THOMAS'S ACADEMY

Autumn/Winter 2021

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Week Commencing:

06/09, 27/09,
18/10, 15/11,
06/12

Meat-free Mondays

No added Sugar Wednesdays

Option 1

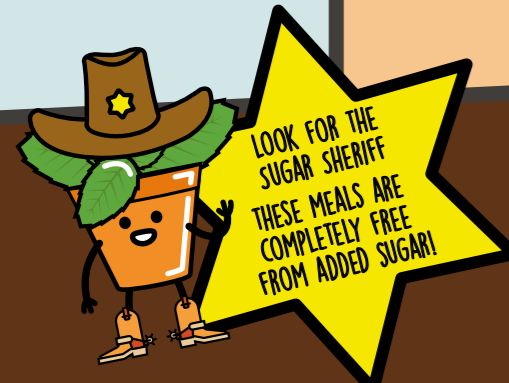
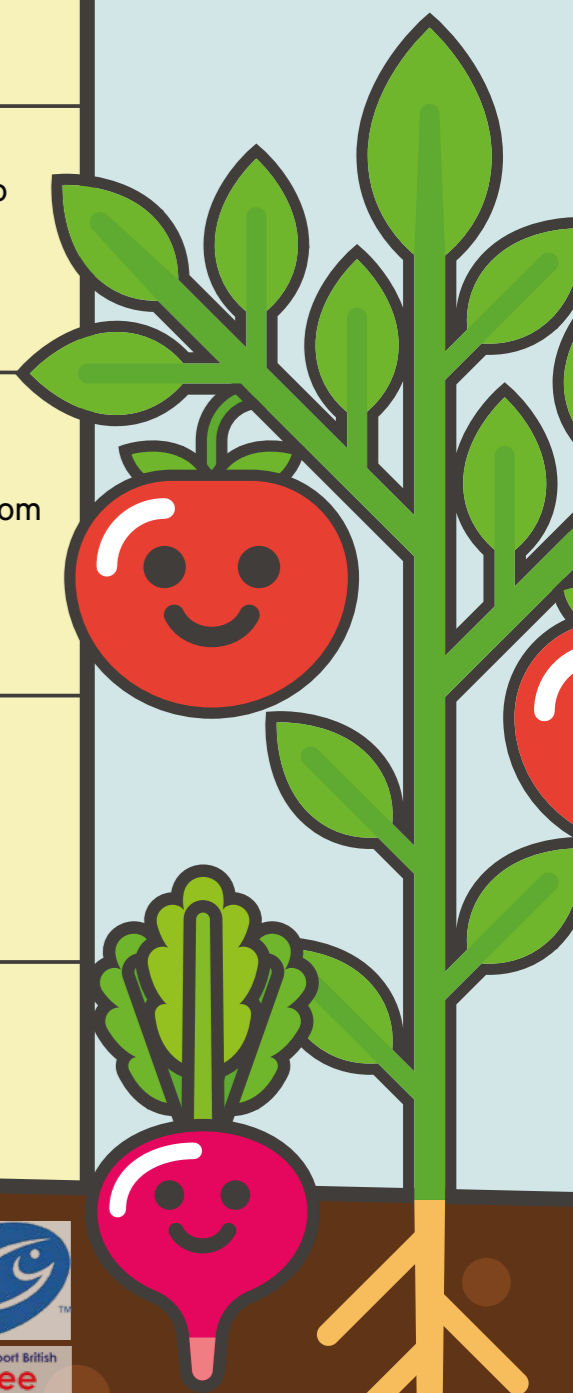
Option 2 V
Vegetarian

Option 3

Vegetables

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Minced Beef Pie served with New Potatoes	Chicken Sausage Hot Dog	Chicken Tikka Masala served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
Option 2 V Vegetarian	Red Pepper and Sweetcorn Pizza served with Potato Wedges	Spanish Omelette served with New Potatoes	Vegetarian Sausage Hot Dog (Ve)	Mexican Rice Wrap (Ve)	Cheese and Tomato Turnover served with Chips
Option 3	Spicy Tomato Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Mushroom Pasta (Ve)
Vegetables	Broccoli Sweetcorn	Carrots Garden Peas	Green Beans Carrots	Medley of Vegetables	Garden Peas Baked Beans
Dessert	Fruit Slushy (Ve)	Fresh Fruit or Yoghurt	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Date and Cocoa Brownie



LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!

Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily



WEEK 3

THOMAS'S ACADEMY

Autumn/Winter 2021

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Week Commencing:
13/09, 04/10,
01/11, 22/11,
13/12

Meat-free Mondays

No added Sugar Wednesdays

Option 1

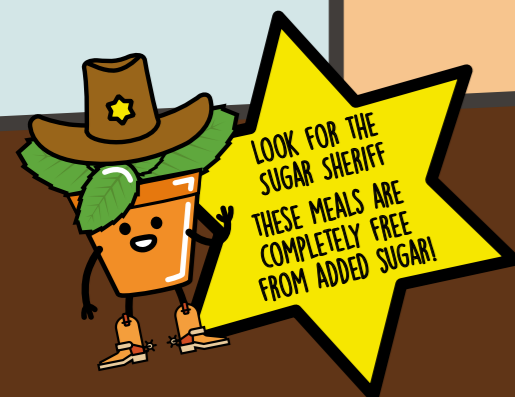
Option 2 V
Vegetarian

Option 3

Vegetables

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and Bean Jambalaya (Ve)	Beef Bolognese served with Spaghetti	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Chicken Balti served with Steamed Rice	Breaded Fish served with Chips
Option 2 V Vegetarian	Cheese, Leek and Potato Pie	Vegetarian Bolognese served with Spaghetti (Ve)	Roast Quorn served with Stuffing, Roast Potatoes and Gravy	Vegetable and Chick Pea Korma served with Steamed Rice	Spinach and Feta Wheel served with Chips
Option 3	Roasted Vegetable Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Pesto Pasta (Ve)	Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw	Tomato and Basil Pasta (Ve)
Vegetables	Garden Peas Carrots	Cauliflower Sweetcorn	Butternut Squash Green Beans	Sweetcorn Carrots	Garden Peas Baked Beans
Dessert	Fruit Slushy (Ve)	Fresh Fruit or Yoghurt	Fruit Salad (Ve)	Fresh Fruit or Yoghurt	Vanilla Sponge with Custard



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