

Thomas Jones School

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Freshly Baked Wholemeal Bread Macaroni Cheese Cheese and Tomato Swirl Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Natural Yoghurt with Coulis Glass of Milk	Freshly Baked Naan Bread Jerk Chicken with Jollof Rice Vegetable Curry with Rice Pasta Twists with Tomato and Vegetable Sauce Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Cheese and Crackers Glass of Milk	Freshly Baked Focaccia Pasta Bolognese Vegetable Pasta Bolognese Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Lemon and Berry Muffins Glass of Milk	Freshly Baked Wholemeal Bread Roast Chicken with Roast Potatoes Vegan Sausages with Roast Potatoes Creamy Leek Carbonara Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Natural Yoghurt with Coulis Glass of Milk	Freshly Baked Poppy Seed Bloomer Crispy Fish Fillet with Diced Potatoes Cheese and Onion Quiche with Diced Potatoes Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Carrot Cake Glass of Milk
Week 2	Freshly Baked Wholemeal Bread Kedgerie Traditional Macaroni Cheese Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Natural Yogurt with Coulis Glass of Milk	Freshly Baked Naan Bread Oriental Chicken in Black Bean Sauce with Egg Noodles Crispy Vegetable in Black Bean Sauce with Egg Noodles Pasta Twists with a Vegetable Ragout Sauce Fresh Salad Selection Fresh Fruit Pots or Cheese and Crackers Glass of Milk	Freshly Baked Loaf Chicken and Leek Pie Creamy Vegetable Pie Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Fresh Fruit Salad or Lemon Drizzle Cake Glass of Milk	Freshly Baked Rosemary Bread Chicken Sausage with New Potatoes and Yorkshire puddings Vegan Sausage with New Potatoes and Yorkshire puddings Pasta Arrabiata Seasonal vegetables Fresh salad selection Sliced Fresh Fruit or Natural Yogurt with Coulis Glass of Milk	Freshly Baked Poppy Seed Loaf Lemon Roasted Cod with Diced Potatoes Vegetable Lasagne Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh Salad Selection Fresh Fruit Salad or Oat and Raisin Cookie Glass of Milk
Week 3	Freshly Baked Wholemeal Bread Traditional Macaroni Cheese Vegan Sausage Casserole Jacket Potatoes with Various Fillings Seasonal vegetables Fresh Salad Selection Sliced Fresh Fruit or Natural Yoghurt Glass of Milk	Picnic Lunch Selection: Selection of sandwiches on wholemeal bread Crudités and Dips Sausage Rolls and Vegan Sausage Rolls Fresh Salad Selection Fresh Fruit Salad or Apple and Berry Muffin Glass of Milk	Freshly Baked Focaccia Meatballs on a Bed of Pasta Vegan Meatballs on a Bed of Pasta Jacket Potatoes with Various Fillings Seasonal vegetables Fresh Salad Selection Fresh Fruit Pots or Cheese and Crackers Glass of Milk	Freshly Baked Rosemary loaf Roast Chicken with Roast Potatoes and Gravy Broccoli, cauliflower and Lentil bake Pasta Twists with Cheese Sauce Seasonal Vegetables Fresh Salad Selection Sliced Fresh Fruit or Natural Yoghurt with Coulis Glass of Milk	Freshly Baked Poppy Seed Bloomer Crispy Fish Fillet served with Diced Potatoes Vegetable Egg Noodle Stir Fry Jacket Potatoes with Various Fillings Seasonal Vegetables Fresh salad selection Fresh Fruit Pots or Apricot Flapjack Glass of Milk

