Thomas Jones School

Lunch Menu

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