

WEEK 1 MENU

WEEKS: 03/11, 24/11, 15/12, 19/01, 09/02, 09/03

Daily Offer: Fresh Salads & Freshly Baked Bread

Thomas Jones

Primary School

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MAIN MEAL	Cheese & Tomato Swirl Served With Crispy Potato Cubes & Seasonal Vegetables	Halal & Non-halal Homemade Beef Chilli Wraps Served With Savoury Vegetable Rice	Halal & Non-Halal Roast Chicken Served With Potatoes Carrots, Cauliflower And Gravy	Quorn Cheeseburgers in a Bap, served with Potato Cubes, Homemade Tomato Salsa & Vegetable Sticks	Fillet Of Fish Served With Lemon & Herb Potato Wedges and Shredded Green Beans		
MEAT FREE	Cauliflower & Chickpea Korma Served On A Bed Of Rice, Naan Bread Fingers & Seasonal Vegetables	Homemade Bean Chilli Wraps Served With Savoury Vegetable Rice	Cheese & Potato Pie Served With Carrots, Cauliflower And Gravy	Crispy topped Shepherdess's Pie served with Seasonal Vegetables	Cheese, Onion & Broccoli Quiche served With Lemon & Herb Potato Wedges and Shredded Green Beans		
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PASTA & JACKETS

Jacket Potato With Choice Of Toppings Served With Fresh Salad Pasta Twists With Homemade Tomato And Vegetable Sauce Served With Fresh Salad Jacket Potato With Choice Of Toppings Served With Fresh Salad Pasta Twists With Cheddar Cheese Sauce With Fresh Salad Jacket Potato With Choice Of Toppings Served With Fresh Salad

DESSERTS

Natural Yogurt With Healthy Toppings Or Fresh Fruit Salad Glass Of Milk

Oat & Raisin Cookie
Or
Fresh Fruit Salad
Glass Of Milk

Cheese & Crackers Or Fresh Fruit Salad Glass Of Milk

Natural Yogurt With Healthy Toppings Or Fresh Fruit Salad Glass Of Milk Vanilla & Peach Sponge with Custard Or Fresh Fruit Salad Glass Of Milk



WEEK 2 MENU

WEEKS: 10/11, 01/12, 05/01, 26/01, 23/02, 16/03

Daily Offer: Fresh Salads & Freshly Baked Bread

Thomas Jones

Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Kedgeree Style Rice Bowl with Salmon, Pollack & Hake Served with Carrots & Sweetcorn	Halal & Non Halal Greek Style Chicken Shawarma In A Pitta Bread Served With Warm Couscous Salad	Halal & Non Halal Roast Turkey Served With Roast Potatoes, Carrots, Broccoli And Gravy	Katsu Paneer & Pea Curry Served With Naan Bread And Vegetable Rice	Fillet Of Fish Served With Steamed Parsley Butter Potatoes And Fresh Greens
MEAT FREE	Margherita Wholemeal Pizza Served With Baked Potato Wedges, Carrots & Sweetcorn	Greek Style Vegetable Shawarma In A Pitta Bread Served With Warm Couscous Salad	Baked Lentil Roast Served With Roast Potatoes, Carrots, Broccoli And Gravy	Homemade Macaroni Cheese Served With Homemade Tomato Bread & Roasted Mediterranean Vegetables	Cheese, Onion & Mixed Pepper Roll Served With Steamed Parsley Butter Potatoes And Fresh Greens

PASTA & JACKETS

Jacket Potato With Choice Of Toppings Served With Fresh Salad Pasta Twists With Cheddar Cheese Sauce With Fresh Salad Jacket Potato With Choice Of Toppings Served With Fresh Salad Pasta Twists With Homemade Tomato And Vegetable Sauce Served With Fresh Salad Jacket Potato With Choice Of Toppings Served With Fresh Salad

DESSERTS

Natural Yogurt With Healthy Toppings Or Fresh Fruit Salad Glass Of Milk Apple & Cinnamon Swirl Or

Fresh Fruit Salad Glass Of Milk Cheese & Crackers
Or
Fresh Fruit Salad
Glass Of Milk

Natural Yogurt With Healthy Toppings Or Fresh Fruit Salad Glass Of Milk Seasonal Fruit Crumble And Custard Or Fresh Fruit Salad Glass Of Milk



Healthy Toppings

Fresh Fruit Salad

Glass Of Milk

DESSERTS

WEEK 3 MENU

WEEKS: 17/11, 08/12, 12/01, 02/02, 02/03, 23/03

Daily Offer: Fresh Salads & Freshly Baked Bread

Thomas Jones

Primary School

Healthy Toppings

Fresh Fruit Salad

Glass Of Milk

Fresh Fruit Salad

Glass Of Milk

	Daily Offer: Fresh Salads & Freshly Baked Bread				Certoor
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Swirl Served With Savoury Vegetable Rice	Quorn Cheeseburgers in a Bap, served with Wedges, Homemade Tomato Salsa & Vegetable Sticks	Halal & Non Halal Chicken Sausage Served With Mashed Potatoes, Carrots, Cabbage And Gravy	Quorn Mince Lasagne served with Whole Meal Garlic & Herb bread, Seasonal Vegetables	Breaded Fish Fillet Served With Crispy Potato Bites & Vegetables
MEAT FREE	Chinese Stir Fry With Quorn Chunks & Vegetables Served With Noodles	Jerk Sweet Potato & Black Bean Stew Served On A Bed Of Rice	Quorn Sausage Served With Mashed Potatoes, Carrots, Cabbage And Gravy	Plant Based Bolognese Served with Penne Pasta, Whole Meal Garlic & Herb bread, Seasonal Vegetables	Creamy Vegetable & Bean Pie Served With Crispy Potato Bites & Vegetables
PASTA & JACKETS	Jacket Potato With Choice Of Toppings Served With Fresh Salad	Pasta Twists With Homemade Tomato And Vegetable Sauce Served With Fresh Salad	Jacket Potato With Choice Of Toppings Served With Fresh Salad	Pasta Twists With Cheddar Cheese Sauce With Fresh Salad	Jacket Potato With Choice Of Toppings Served With Fresh Salad
	Natural Yogurt With	Sticky Pineapple Sponge	Cheese & Crackers	Natural Yogurt With	Apricot Flapjack

Making lunchtime the highlight of your day

Fresh Fruit Salad

Glass Of Milk

Fresh Fruit Salad

Glass Of Milk