Thomas Jones Lunch Menu: Week 1

Monday

Margherita Pizza with Oven Baked Wedges
Tomato, Spinach and Salmon Pasta
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Chocolate Shortbread, Fruit or Yoghurt

Tuesday

Cheesy Bean Pasta Bake
Vegetable and Chickpea Stir Fried Rice
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Orchard Fruit Crumble and Custard, Fruit or Yoghurt

Wednesday

Vegetarian Sausages with Roast Potatoes and Gravy
Roast Gammon with Roast Potatoes and Gravy
Halal Roast Chicken Breast with Roast Potatoes and Gravy
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Orange Jelly and Mandarins, Fruit or Yoghurt

Thursday

5 Bean Chilli with Mexican Rice
Chicken Fajita with Mexican Rice (Halal Option Available)
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Sliced Fruit Selection or Yoghurt

Friday

Vegetable Bites with Potato Wedges
Breaded Fish with Potato Wedges
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Strawberry Yoghurt and Strawberry Sauce or Fruit

Thomas Jones Lunch Menu: Week 2

Monday

Margherita Pizza and Oven Baked Wedges
Sweet Chilli Salmon Melt and Oven Baked Wedges
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Watermelon Slices or Yoghurt

Tuesday

Baked Creamy Macaroni Cheese
BBQ Chicken Loaded Macaroni Cheese (Halal Version Available)
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Apple Pie with Custard, Fruit or Yoghurt

Wednesday

Roast Quorn Fillet with Mashed Potatoes and Gravy
Pork Sausages with Yorkshire Pudding, Mashed Potatoes and Gravy
Halal Chicken Sausage with Yorkshire Pudding, Mashed Potatoes and Gravy
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Fruit or Yoghurt

Thursday

Mixed Bean and Vegetable Fajita with Mexican Rice
Cauliflower and chickpea Curry with Carrot Rice
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Watermelon Slices or Yoghurt

Friday

Vegetarian Sausages with Potato Wedges
Breaded Fish with Potato Wedges
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Fruity Flapjack, Fruit or Yoghurt

Thomas Jones Lunch Menu: Week 3

Monday

Cauliflower and Chickpea Korma with Mixed Rice
Chicken and Chickpea Korma with Mixed Rice (Halal option available)
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Lemon Shortbread, Fruit or Yoghurt

Tuesday

Vegetarian sausage, Yorkshire Pudding and Mashed Potatoes
Pea-Powered Cottage Pie
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Orchard Fruit Crumble and Custard, Fruit or Yoghurt

Wednesday

Roast Quorn Fillet with Roast Potatoes and Gravy
Roast Chicken Breast with Roast Potatoes and Gravy (Halal option available)
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Strawberry Yoghurt with Strawberry Sauce or Fruit

Thursday

Mixed Bean Bolognaise with Penne Pasta
Salmon and Broccoli Pasta Bake
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Chocolate and Orange Brownie, Fruit or Yoghurt

Friday

Quorn Bites with Potato Wedges
Breaded Fish with Potato Wedges
Penne Pasta with Homemade Tomato Sauce
Jacket Potatoes with a Choice of Filling
Salad Bar
Sliced Fruit Selection or Yoghurt