

Week commencing
 Week 1 - Monday 6th September, Monday 27th September, Monday 18th October



Monday	Tuesday	Wednesday	Thursday	Friday
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Meat free Wednesday

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Plate	Homemade meat ball (halal) in a tomato sauce with homemade garlic bread	Roast chicken (halal) & gravy	Fresh cherry tomato quiche	Chicken Korma (halal) with mini naan bread	Oven baked chicken goujons (halal)
The Second Plate	Stuffed sweet red pepper	Roasted vegetable wrap with a fresh mixed salad	Homemade vegetable samosa	Cheese & mushroom flat bread	Crispy vegetable fingers
Daily Veg Selection	Cous Cous Fresh sweet chilli vegetables	Roast potatoes, Fresh baton carrots Fresh broccoli	Fresh mixed salad Homemade Giant potato wedges	Herby diced potato Homemade coleslaw	Chips Baked beans
The Sweet Plate	Fresh fruit or Toffee apple sponge & custard	Fresh fruit Or Fruit jellies	Fresh fruit or Creamy cheese topped carrot cake	Fresh fruit or Berry trifle	Fresh fruit or Mini doughnuts with sauce

We fully support health eating & our commitment to meat free day's
 "The Art of Food"



Week commencing
 Week 2 - Monday 13th September, Monday 4th October



Thomas Deacon
 Academy

	Monday	Tuesday	Wednesday	Thursday	Friday
	Meat free Wednesday				
The Main Plate	Homemade cottage pie (halal) with gravy	Beef wrap with a homemade tomato salsa (halal)	Baked potato with cheese, beans or tuna mayo	Homemade chicken & sweetcorn pie (halal) & gravy	Chicken burger in a bun (halal)
The Second Plate	Creamy cheese & onion carbonara	Cheese & onion potato bake	Baked potato with a choice of fillings	Quorn tikka masala with rice & mini naan bread	Breaded Quorn fillet burger in a bun
Daily Veg Selection	Garden peas & sweetcorn mx Cabbage	Fresh mixed salad Bake beans	Fresh mixed salad	Mash potato Fresh carrots Fresh broccoli	Chips Baked beans
The Sweet Plate	Fresh fruit or Homemade iced ginger	Fresh fruit or Homemade sugar biscuit	Fresh fruit or Warm waffles with sauce	Fresh fruit or Homemade orange drizzle cake	Fresh fruit or Homemade chocolate muffin



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Week commencing
 Week - 3 Monday 20th September, Monday 11th October



Monday	Tuesday	Wednesday	Thursday	Friday
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Meat free Wednesday

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Plate	Chicken sausage (halal)	Roast beef & Yorkshire pudding & gravy (halal)	Fresh vegetable lasagne	Beef bolognese (halal)	Oven baked battered fish
The Second Plate	Quorn sausages	Homemade vegetable crumble	Macaroni cheese	Quorn cottage pie & gravy	Cheese & tomato omlette
Daily Veg Selection	Potato waffles Spaghetti hoops	Roast potatoes Cauliflower cheese Fresh baton carrots	Homemade tomato bread Fresh mixed salad	Homemade garlic bread Broccoli Sweetcorn	Chips Baked beans Peas
The Sweet Plate	Fresh fruit or Homemade chocolate marble sponge & custard	Fresh fruit or Cheesecake	Fresh fruit or Raspberry & white chocolate traybake	Fresh fruit or Homemade jam tart & custard	Fresh fruit or Homemade Chocolate chip rock drops



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