Thomas Deacon Academy	建设位表示技术等。 (2.42) 法
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Week 1 Menu Week commencing dates: Tuesday 5th January

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	The Art of Food Thomas Beachn Education Trust	Monday	Tuesday	Meat free Wednesday	Thursday	Fish Friday
	The Main Plate	Happy new year to all out children & staff	Beef lasagne (halal) with homemade garlic bread & a fresh winter salad	Jacket potato with a choice of two fillings cheese, beans, beef bolognaise (halal) or tuna mayo with a fresh mixed green salad	Chicken breast (halal) with a sweet chilli sauce, roasted seasonal vegetable's & new potatoes	Battered fillet of fish with chips & baked beans or peas
	The Second Plate		Homemade aubergine & parmesan bake with homemade garlic bread & fresh winter salad (v)	Jacket potato with a choice of two fillings with a fresh mixed green salad (v)	Homemade sundried tomato & double cheese parcels with new potatoes & roast seasonal vegetables (v)	Cheese turnover with chips & beans (v)
	The Sweet Plate		Fresh Fruit pots Fruit jellies	Fresh fruit pots Fruit Yoghurt	Fresh fruit pots Homemade syrup sponge with custard	Fresh fruit pots Homemade fruit shortbread

Brown bread & butter will be available daily to go with the main option

We are offering a slightly reduced menu to allow us to deliver safely the daily fresh lunch offer to the children to enjoy in the classroom



Week 2 Menu Week commencing dates : Monday 11th January , Monday 1st Feburay

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The Main Plate

The Second Plate

The Sweet Plate

Monday Tuesday		Meat free Wednesday	Thursday	Fish Friday
Chicken sausage casserole (halal) with a fresh cabbage & a	Mild spicy chicken wrap (halal) with stir fry vegetables & home-	Homemade cheese & tomato pasta bake with homemade garlic	Homemade beef & potato pasties (halal) with mini roast pota-	Stuffed crust cheese pizza with wedges
warm crusty roll	made chunky wedges	bread & a fresh winter salad (v)	toes, fresh carrots, peas & gravy	
Sweet potato fritters Herby diced potato sweetcorn (v)	Cheese & red onion quiche with homemade chunky wedges & stir fry vegetables (v)	Homemade vegetable & spinach lasagne with homemade garlic bread & a fresh winter salad (v)	Homemade butternut squash & sweet potato soup served with warm crusty roll & butter (v)	
Fresh fruit pot Rice pudding with jam	Fresh fruit pot Homemade carrot cake with frosted topping	Fresh fruit pot Banana custard	Fresh fruit pot Homemade Viennese Whirl biscuit	Fresh fruit pot Crunchy chocolate squares

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We remain committed to the welfare to all our children & staff



Week 3 Menu Week commencing dates: Monday 18th January, Monday 8th Febuary

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The	Main	Plate

The Second Plate

The Sweet Plate

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Monday		Tuesday	Meat free Wednesday	Thursday	Fish Friday
	Spicy beef bolognaise	Roast chicken (halal)	Three cheese macaroni	Chicken & cheese melt	Beef burger in a roll
	(halal) served with	with roast potatoes,	with roasted	(halal) with roasted	(halal) with chips &
	past twists & oven	carrots & peas medley	vegetables & a home-	new potatoes & fresh	mild BBQ beans
	roasted broccoli	fresh parsnips & gravy	made bread	vegetable sticks	大十二十十二十二十二十二十二十二十二十二十二十二十二十二十二十二十二十二十二十
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	Vegetarian meat ball	Homemade vegetable	Quorn sausage with	Vegetable pie with	Cripsy crumbed vege-
	& nocci bake served	wellington with roast	roasted vegetable's,	roasted new potatoes	table burger in a roll
	with oven roasted	potatoes, carrots &	mash potate & gravy	& roasted carrots	with chips & mild BBQ
100	broccoli	peas, fresh parsnips &	(v)	(v)	beans
See Line	(v)	gravy			
		(v)			(v)
	Fresh fruit pot	Fresh fruit pot	Fresh fruit pot	Fresh fruit	Fresh fruit
1	jelly	Iced raspberry	Peach & raspberry	Homemade fudge tart	Homemade fruity
		Bakewell	melba	with chocolate custard	flapjack
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	Thomas Deacon Academy
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Week 1 Menu Week commencing dates : Monday 25th January

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The Art of Food Thomas Reachs Education Itual	Monday	Tuesday	Meat free Wednesday	Thursday	Fish Friday
The Main Plate	Homemade chicken & sweetcorn pie (halal) served with mash potato, a medley of seasonal fresh vegetables & gravy	Beef lasagne (halal) with homemade garlic bread & a fresh winter salad	Jacket potato with a choice of two fillings cheese, beans, beef bolognaise (halal) or tuna mayo with a fresh mixed green salad	Chicken breast (halal) with a sweet chilli sauce, roasted seasonal vegetable's & new potatoes	Battered fillet of fish with chips & baked beans or peas
The Second Plate	Quorn & chickpea curry served with a coriander rice & mini naan bread (v)	Homemade aubergine & parmesan bake with homemade garlic bread & fresh winter salad (v)	Jacket potato with a choice of two fillings with a fresh mixed green salad (v)	Homemade sundried tomato & double cheese parcels with new potatoes & roast seasonal vegetables (v)	Cheese turnover with chips & beans (v)
The Sweet Plate	Fresh fruit pots Homemade blueberry muffin	Fresh Fruit pots Fruit jellies	Fresh fruit pots Fruit Yoghurt	Fresh fruit pots Homemade syrup sponge with custard	Fresh fruit pots Homemade fruit shortbread

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