




Please remember THS is a nut free school

MENU CYCLE WEEK ONE

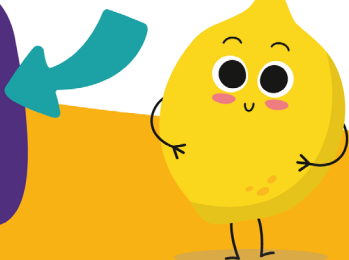
Spring Menu 2025

Week Commencing:
6th January
27th January
24th February
17th March

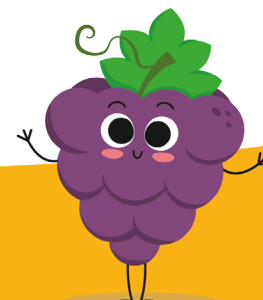
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meat Free Monday Bean & Cheese Quesadilla	Beef & Lentil Ragu Lasagne <i>*New Carbon Reduced Recipe</i>	Roast Chicken With Sage & Onion Stuffing	 Chicken Curry	Fun Food Friday Fish Fingers or Battered Fish with Lemon Mayonnaise
VEGETARIAN	Sweet & Sour Vegetable Stir-Fry	Vegetable & Lentil Bake	Vegetarian stuffed Yorkshires	Vegetable Curry	Cheese & Red Onion Jacket Potato Skins
SIDES	Baked Wedge Potatoes	Crusty Wholemeal Bread	Roast Potatoes	Mixed Rice Coriander Naan Bread	Chips
VEGETABLES	Sweetcorn	Broccoli Spring Greens	Garden Peas Carrots	Green Beans	Baked Beans Mushy Peas
DESSERTS	Chocolate Brownie	Carrot Cake Flapjack	Chocolate Sponge with Chocolate Sauce	Mango & Coconut Sponge	Chocolate Tiffin Bar



Food Allergies and Intolerance
If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.



Daily Options:
Pasta, Jacket Potatoes, Sandwiches, Fruit
Vegetable Crudités Provided Daily





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MENU CYCLE WEEK TWO

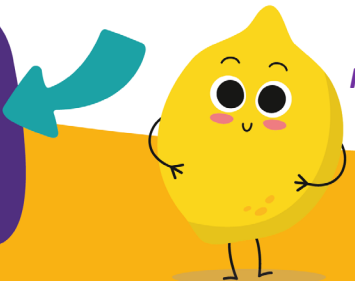
Spring Menu 2025

Week Commencing :
13th January
3rd February
3rd March
24th March

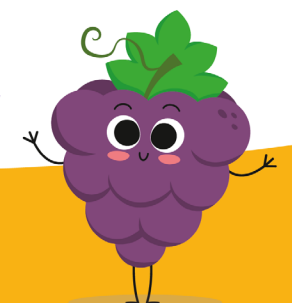
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meat Free Monday Macaroni Cheese	Beef Hot Pot <i>*New Carbon Reduced Recipe</i>	Roast Chicken with Sage & Onion Stuffing	Carbonara Pasta	Fun Food Friday Sausage Hotdog ---- Tomato & Thyme Fish
VEGETARIAN	Vegetable & Lentil Bolognese, Boston Beans	Mini Vegetable Egg Frittata	Vegetarian Cottage Pie	Potato & Cheese Pastry Slice	Vegetarian Hotdog
SIDES	Garlic Bread	Sauté Potatoes	Roast Potatoes	Spaghetti	Chips
VEGETABLES	Sweetcorn	Green Beans Broccoli	Garden Peas Red Cabbage	Green Beans	Sweetcorn Baked Beans Spring Slaw
DESSERTS	Carrot & Courgette Cake with a Citrus Icing	Banana & Coconut Crunch Muffin	Lemon Shortbread Biscuits	Apple & Rhubarb Crumble with Custard	Chocolate Caramel Brownie



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Vegetable Crudités Provided Daily






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MENU CYCLE WEEK THREE

Spring Menu 2025

Week commencing:
20th January
10th February
10th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meat Free Monday Margarita Pizza	Beef & Bean Chilli *New Carbon Reduced Recipe	Honey Glazed Roast Gammon with Yorkshire Pudding	 Themed Marinated Chicken	 Beef Burger
VEGETARIAN	Mediterranean Vegetable Pizza	 A Selection of Vegan Wraps	Broccoli & Cauliflower Cheese Bake	Stuffed Bell Peppers	Tuna & Sweetcorn Burger
SIDES	Tomato & Basil Penne Pasta, Pesto Pasta	Rice Baked Oven Wedge Potato	Roast Potatoes	Mixed Rice	Chips
VEGETABLES	Sweetcorn Spring Slaw Rainbow Salad	Savoy Cabbage Green Beans	Garden Peas Carrots	Green Beans	Sweetcorn Baked Beans Coleslaw
DESSERTS	Caramel Apple Crumble with Custard	Chocolate Rice Pudding	Lemon Drizzle Cake	Upside-down Pineapple Sponge with Custard	Chocolate Rice Cake

Food Allergies and Intolerance

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Daily Options:

*Pasta, Jacket Potatoes, Sandwiches, Fruit
Vegetable Crudités Provided Daily*

