





Please remember THS is a nut free school

# MENU CYCLE WEEK ONE

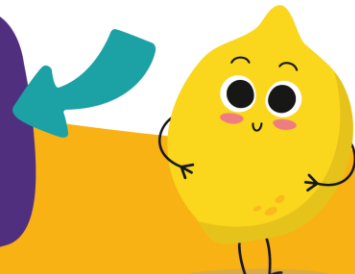
Autumn Menu 2025

Week Commencing:  
1st September  
22nd September  
13th October  
17th November  
8th December

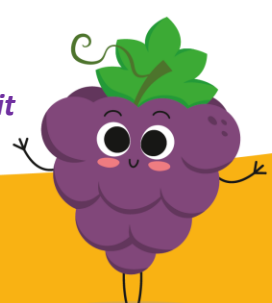
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meat Free Monday Jacket Potato Bar	Sausages & Onion Gravy	Beef Hotpot *Carbon Reduced Recipe	 Chicken Curry	Fun Food Friday Fish with Lemon Mayonnaise
VEGETARIAN	BBQ Bean & Cheese Potato Waffles	Vegetarian Sausage & Onion Gravy	Autumn Vegetable Pastry Parcel	 Vegetable Curry	Cheese & Onion Red Tart
SIDES	Tuna Mayonnaise, Cheese, Vegetable Ratatouille	Mashed Potatoes	Potatoes	Mixed Rice	Chips
VEGETABLES	Baked Beans Sweetcorn	Peas	Carrots Savoy Cabbage	Green Beans	Baked Beans Mushy Peas
DESSERTS	Chocolate Brownie	Lemon Muffin	Autumn Crunchy Fruit Crumble with Custard	Banana Split Flapjack	Cinnamon Bun



**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

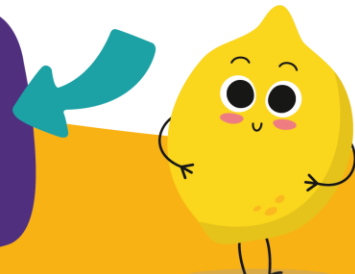
**Autumn Menu 2025**

Week Commencing:  
8th September  
29th September  
3rd November  
24th November

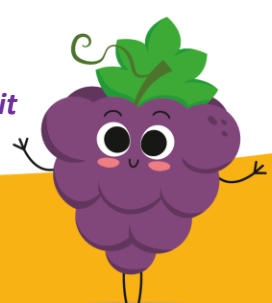
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<b>Meat Free Monday</b> Margarita Pizza	Chili Con Carne *Carbon Reduced Recipe	Roast Chicken & Yorkshire Pudding	Cottage Pie *Carbon Reduced Recipe	<b>Fun Food Friday</b> Chicken Burger Fish Burger
VEGETARIAN	Vegetable Bruschetta Pizza	Vegetable & Lentil Bolognaise	Vegetarian Hotpot with Potato Topping	Vegetable Chow Mein	Falafel Burger with Tomato Salsa
SIDES	Penne Pasta	Steamed Rice	Roast Potatoes	Noodles	Chips
VEGETABLES	Sweetcorn Coleslaw Mixed leaf Salad	Green Beans Broccoli	Carrots & Peas	Savoy Cabbage Green Beans	Sweetcorn Baked Beans Rainbow Slaw
DESSERTS	Mixed Berry & Vanilla Rice Pudding	Chocolate Marble Cake, with Chocolate Sauce	Coconut & Parsnip Flapjack	Sticky Gingerbread Cake, with Custard	Apple & Blackberry Crumble Cake



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







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# MENU CYCLE WEEK THREE

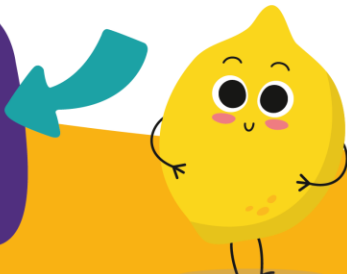
Autumn Menu 2025

Week Commencing:  
15th September  
6th October  
10th November  
1st December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Meat Free Monday Macaroni Cheese	Beef & Lentil Bolognaise *Carbon Reduced Recipe	Honey Roast Gammon Chicken Pie *Carbon Reduced Recipe	 Marinated Chicken	Fun Food Friday Sausage Roll Piri Piri Fish
VEGETARIAN	Pesto Pasta Tomato & Basil Penne Pasta	 Selection of Vegetarian Wraps	Broccoli & Cauliflower Cheese Bake	Five Bean Chili	Vegetarian Hotdog with Crispy Onions
SIDES	Garlic Bread	Spaghetti Pasta Seasoned wedge Potatoes	Roast potatoes	Rice	Chips
VEGETABLES	Sweetcorn Savoy Cabbage Rainbow Salad	Green Beans	Carrots Peas & Leeks	Sweetcorn Green beans	Sweetcorn Baked Beans Coleslaw
DESSERTS	Apple Crumble with Custard	Pear & Cinnamon Iced Sponge	Chocolate Caramel Brownie	Carrot Cake	Belgium Chocolate Cookie



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

