

# St Thomas of Canterbury Church of England Primary School



## Three week menu plan from 3<sup>rd</sup> November 2025

The new lunch menus will commence on  
**Monday 3<sup>rd</sup> November 2025.**

Please put a tick ✓ in the box next to the main meal, vegetarian meal or packed lunch option for your child for each day of each week of the three week cycle.  
Return the **School Copy** menu plan to school by Friday 17<sup>th</sup> October 2025.

**If you do not return the menu plan we will assume you are providing your own packed lunch each day.**

Allergen information is available upon request.

Child's name: \_\_\_\_\_

Year: \_\_\_\_\_ Class: \_\_\_\_\_

## SCHOOL COPY

### Week 1

*Please put a tick ✓ in the box next to your child's option or if you will be providing your own packed lunch for your child.*

|                   | MONDAY                                                    | TUESDAY                                      | WEDNESDAY                                               | THURSDAY                                                         | FRIDAY                                    |
|-------------------|-----------------------------------------------------------|----------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------|
| Main              | Tomato and Pepperoni Sauce Pasta <input type="checkbox"/> | Pork Sausages <input type="checkbox"/>       | Local Butchers Roast Chicken <input type="checkbox"/>   | Fish Finger <input type="checkbox"/>                             | Chicken Tikka <input type="checkbox"/>    |
|                   | or                                                        | or                                           | or                                                      | or                                                               | or                                        |
| Vegetarian Option | Tomato and Basil Sauce Pasta <input type="checkbox"/>     | Vegetarian Sausages <input type="checkbox"/> | Herby Topped Quorn Fillet <input type="checkbox"/>      | Mexican Quesadilla (Cheese and Peppers) <input type="checkbox"/> | Macaroni Cheese <input type="checkbox"/>  |
|                   |                                                           |                                              |                                                         |                                                                  |                                           |
|                   | Garlic Bread<br>Fresh Salad                               | Mashed Potato<br>Baked Beans                 | Roast Potatoes<br>Peas<br>Carrots<br>Yorkshire Puddings | Chips<br>Peas<br>Baked Beans                                     | Rice<br>Naan Bread                        |
|                   | Shortbread Biscuits                                       | Chocolate Sponge and Custard                 | Jelly                                                   | Chocolate or Strawberry Mousse                                   | Flapjacks                                 |
|                   | Fresh Fruit<br>Yoghurts                                   | Fresh Fruit<br>Yoghurts                      | Fresh Fruit<br>Yoghurts                                 | Fresh Fruit<br>Yoghurts                                          | Fresh Fruit<br>Yoghurts                   |
|                   | Own Packed Lunch <input type="checkbox"/>                 | Own Packed Lunch <input type="checkbox"/>    | Own Packed Lunch <input type="checkbox"/>               | Own Packed Lunch <input type="checkbox"/>                        | Own Packed Lunch <input type="checkbox"/> |

Water and Cold Milk available every day

## Week 2

*Please put a tick ✓ in the box next to your child's option or if you will be providing your own packed lunch for your child.*

|                          |  | MONDAY                                           | TUESDAY                                         | WEDNESDAY                                                | THURSDAY                                         | FRIDAY                                           |
|--------------------------|--|--------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| <b>Main</b>              |  | Pepperoni Pizza <input type="checkbox"/>         | Beef Bolognese Pasta <input type="checkbox"/>   | Local Butchers Roast Gammon <input type="checkbox"/>     | Sausage Roll <input type="checkbox"/>            | Breaded Chicken Goujons <input type="checkbox"/> |
|                          |  | or                                               | or                                              | or                                                       | or                                               | or                                               |
| <b>Vegetarian Option</b> |  | Cheese and Tomato Pizza <input type="checkbox"/> | Ratatouille Pasta Bake <input type="checkbox"/> | Cheese and Broccoli Bake <input type="checkbox"/>        | Vegetarian Sausage Roll <input type="checkbox"/> | Breaded Quorn Dippers <input type="checkbox"/>   |
|                          |  | Sweet Potato Fries<br>Fresh Salad                | Garlic Bread<br>Salad                           | Mashed Potato<br>Cabbage<br>Carrots<br>Yorkshire Pudding | Chips<br>Peas<br>Baked Beans                     | Rice/Wraps<br>BBQ Sauce<br>Corn on the Cob       |
|                          |  | Cornflake Cakes                                  | Jelly                                           | Raspberry Crumble Bar and Custard                        | School Sponge                                    | Oaty Cookie                                      |
|                          |  | Fresh Fruit<br>Yoghurts                          | Fresh Fruit<br>Yoghurts                         | Fresh Fruit<br>Yoghurts                                  | Fresh Fruit<br>Yoghurts                          | Fresh Fruit<br>Yoghurts                          |
|                          |  | Own Packed Lunch <input type="checkbox"/>        | Own Packed Lunch <input type="checkbox"/>       | Own Packed Lunch <input type="checkbox"/>                | Own Packed Lunch <input type="checkbox"/>        | Own Packed Lunch <input type="checkbox"/>        |

Water and Cold Milk available every day

## Week 3

*Please put a tick ✓ in the box next to your child's option or if you will be providing your own packed lunch for your child.*

|                          |  | MONDAY                                                     | TUESDAY                                                     | WEDNESDAY                                              | THURSDAY                                  | FRIDAY                                     |
|--------------------------|--|------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------|--------------------------------------------|
| <b>Main</b>              |  | Tomato and Mascarpone Sauce Pasta <input type="checkbox"/> | Chicken Burger in a Bun <input type="checkbox"/>            | Local Butchers Roast Pork <input type="checkbox"/>     | Chicken Nuggets <input type="checkbox"/>  | Fish Fillets <input type="checkbox"/>      |
|                          |  | or                                                         | or                                                          | or                                                     | or                                        | or                                         |
| <b>Vegetarian Option</b> |  | Cheese Sauce Pasta <input type="checkbox"/>                | Breaded Vegetarian Burger in a Bun <input type="checkbox"/> | Cheese and Leek Sausages <input type="checkbox"/>      | Quorn Nuggets <input type="checkbox"/>    | Vegetarian Samosa <input type="checkbox"/> |
|                          |  | Garlic Bread<br>Salad                                      | Potato Wedges<br>Salad                                      | Herby Potatoes<br>Peas<br>Carrots<br>Yorkshire Pudding | Chips<br>Peas<br>Baked Beans              | Rice<br>Peas<br>Sweetcorn                  |
|                          |  | Flapjack                                                   | Chocolate Chip Shortbread                                   | Jelly                                                  | Ice Cream Tubs                            | Apple Crumble and Custard                  |
|                          |  | Fresh Fruit<br>Yoghurts                                    | Fresh Fruit<br>Yoghurts                                     | Fresh Fruit<br>Yoghurts                                | Fresh Fruit<br>Yoghurts                   | Fresh Fruit<br>Yoghurts                    |
|                          |  | Own Packed Lunch <input type="checkbox"/>                  | Own Packed Lunch <input type="checkbox"/>                   | Own Packed Lunch <input type="checkbox"/>              | Own Packed Lunch <input type="checkbox"/> | Own Packed Lunch <input type="checkbox"/>  |

Water and Cold Milk available every day