

St Thomas of Canterbury Church of England Primary School



Three week menu plan from 15th April 2024

The new lunch menus will commence on
Monday 15th April 2024.

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 Monday 18th March.

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	Pasta Day! Pepperoni sauce <input type="checkbox"/>	Chicken Chunks <input type="checkbox"/>	Local Butcher's Roast Gammon with Yorkshire Pudding and Gravy <input type="checkbox"/>	Beef Burger In a Bun <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>	
	or <input type="checkbox"/>	or	or	or	or	
Vegetarian Option	Tomato and Basil sauce <input type="checkbox"/>	Quorn Chunks <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Southern Fried Quorn Burger In a bun <input type="checkbox"/>	Cheese & Tomato Quiche <input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		Fresh Salad Garlic Bread	Rice Sweetcorn BBQ/Sweet Sour Sauce	Mash Potatoes Seasonal Vegetables	Wedges Sweetcorn Salad	Chips Peas or Baked Beans
		School Sponge	Ice Cream Tubs	Jelly	Chocolate and Strawberry Mousse	Shortbread Biscuit
		Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit 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
Main	Pizza Day! Cheese and Pepperoni <input type="checkbox"/>	Fish Fillet <input type="checkbox"/>	Local Butcher's Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/>	Pork Sausages <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/>	
	or Cheese and Tomato <input type="checkbox"/>	or Vegetarian Nuggets <input type="checkbox"/>	or Quorn Fillet <input type="checkbox"/>	or Vegetarian Sausages <input type="checkbox"/>	or Quorn Nuggets <input type="checkbox"/>	
Vegetarian Option	Cold Tri Colour Pasta Salad	Rice Peas/ Sweetcorn	Roast Potatoes Seasonal Vegetables	Mash Potatoes Baked Beans	Chips Spaghetti Hoops	
	Cornflake Cake	Flapjack	Jelly	Pancakes with Chocolate Sauce	Homemade Oat Cookies	
	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit 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
Main	Meatballs with Pasta <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	All Day Breakfast with Bacon, Sausage And Omelette <input type="checkbox"/>	Beef Bolognaise <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>	
	or	or	or	or	or	
Vegetarian Option	Macaroni Cheese <input type="checkbox"/>	Vegetarian Curry <input type="checkbox"/>	All Day Breakfast with Vegetarian Sausage And Omelette <input type="checkbox"/>	Vegetarian Bolognaise <input type="checkbox"/>	Cheese and Pepper Quesadillas <input type="checkbox"/>	
	Garlic Bread Fresh Salad	Rice Naan Bread	Hash Browns Baked Beans	Salad Herby Bread	Chips Peas and Sweetcorn	
	School Sponge	Ice Cream Tub	Jelly	Chocolate Brownie	Fruit Lollies	
	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit 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