

St Thomas of Canterbury Church of England Primary School



Three week menu plan from 30th October 2023

The new lunch menus will commence on
Monday 30th October 2023.

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 Wednesday 11th October 2023. **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"/>	Pork Sausage <input type="checkbox"/>	Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/>	Beef Bolognese <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/>	
	or	or	or	or	or	
Vegetarian Option	Tomato and Basil sauce <input type="checkbox"/>	Vegetarian Sausage <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Tomato Pasta <input type="checkbox"/>	Quorn Nuggets <input type="checkbox"/>	
	Fresh Salad Garlic Bread	Mash Potatoes Gravy Vegetables	Roast Potatoes Vegetables	Pasta Fresh Salad	Chips Peas or Baked Beans	
	School Sponge	Jelly Pots	Homemade Shortbread Biscuits	Chocolate or Strawberry Mousse	Rice Krispie Cake	
	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"/>	Chicken Tikka <input type="checkbox"/>	All Day Breakfast with Bacon, Sausage And Omelette <input type="checkbox"/>	Breaded Chicken Fillet <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>	
	or Cheese and Tomato <input type="checkbox"/>	or Macaroni Cheese <input type="checkbox"/>	or All Day Breakfast with Vegetarian Sausage And Omelette <input type="checkbox"/>	or Breaded Quorn Fillet <input type="checkbox"/>	or Homemade Vegetarian Quiche <input type="checkbox"/>	
		Fresh Salad Sweetcorn	Rice Naan Bread Fresh Salad	Hash Browns Baked Beans	Rice Sweetcorn	Chips Peas and Spaghetti Hoops
		Smoothies - various flavours	Homemade Oaty Biscuit	Pancake served with syrup or chocolate sauce	Chocolate or Strawberry Angel Delight	Chocolate Cake
		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	Tomato and Bacon Pasta Bake <input type="checkbox"/> or	Sausgae Rolls <input type="checkbox"/> or	Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/> or	Gluten Free Pork Meatballs <input type="checkbox"/> or	Fish Fillet <input type="checkbox"/> or	
	Vegetarian Option	Macaroni Cheese <input type="checkbox"/>	Vegetarian Sausgae Rolls <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Crunchy Topped Vegetable Bake <input type="checkbox"/>	Jacket Potato With Cheese or Baked Beans <input type="checkbox"/>
		Garlic Bread Fresh Salad	Noisette Potatoes Baked Beans	Raost Potatoes Vegetables	Pasta Fresh Salad	Chips Peas and Baked Beans
		Cornflake Cake	Vanilla Sponge and Custard	Jelly Pots	Chocolate or Strawberry Mousse	Homemade 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