

# St Thomas of Canterbury Church of England Primary School



## Three week menu plan from 22<sup>nd</sup> April 2025

The new lunch menus will commence on  
**Tuesday 22<sup>nd</sup> April 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 Wednesday 26<sup>th</sup> 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
<b>Main</b>		Pizza Day! <input type="checkbox"/>  Cheese and Pepperoni  or	Chicken Tikka <input type="checkbox"/>    or	Giant Pigs in Blankets <input type="checkbox"/>    or	Spaghetti Bolognaise <input type="checkbox"/>    or	Chicken Nuggets <input type="checkbox"/>    or
		Cheese and Tomato <input type="checkbox"/>  or	Vegetable Samosa <input type="checkbox"/>  or	Roasted Vegetable Tart <input type="checkbox"/>  or	Macaroni Cheese <input type="checkbox"/>  or	Quorn Nuggets <input type="checkbox"/>  or
<b>Vegetarian Option</b>		Cheese Sandwich <input type="checkbox"/>  Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/>  Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/>  Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/>  Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/>  Jam Sandwich <input type="checkbox"/>
		Potato Wedges  Fresh Salad	Naan Bread  Rice	Mash Potatoes Yorkshire Pudding Gravy Seasonal Vegetables	Garlic Bread  Fresh Salad	Chips  Peas or Baked Beans
		Cornflake Cakes	Strawberry Mousse	Jelly	Oatie Cookie	Lemon Drizzle 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
<b>Main</b>		Tomato and Pepperoni Sauce Pasta <input type="checkbox"/> or	Mild Beef Chilli <input type="checkbox"/> or	Roast Chicken <input type="checkbox"/> or	All Day Breakfast <input type="checkbox"/> or	Ham & Cheese Pizza <input type="checkbox"/> or
		Tomato and Basil Sauce Pasta <input type="checkbox"/>	Mild Vegetarian Chilli <input type="checkbox"/>	Quorn Hunters Style Fillets <input type="checkbox"/>	Vegetarian All Day Breakfast Served in a Wrap <input type="checkbox"/>	Cheese & Tomato Pizza Whirls <input type="checkbox"/>
<b>Vegetarian Option</b>		Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>
		Garlic Bread Fresh Salad	Rice Nachos	Herby Potatoes Yorkshire Pudding Gravy Seasonal Vegetables	Hash Browns Baked Beans	Chips Spaghetti Hoops Sweetcorn
		Banana Loaf Cake	Shortbread	Chocolate Mousse	Jelly	Ice 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**

## 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>		GF Pork Meatballs <input type="checkbox"/>	Chicken Chunks <input type="checkbox"/>	Roast Chicken <input type="checkbox"/>	Beef Burger in a Bun <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>
	or		or	or	or	or
<b>Vegetarian Option</b>		Macaroni Cheese <input type="checkbox"/>	Quorn Wraps <input type="checkbox"/>	Tomato & Spinach Cannelloni <input type="checkbox"/>	Crisp Crumbed Vegetarian Burger <input type="checkbox"/>	Cheese & Tomato Quiche <input type="checkbox"/>
		Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>	Cheese Sandwich <input type="checkbox"/> Jam Sandwich <input type="checkbox"/>
		Garlic Bread Fresh Salad	Rice & Tortilla Wraps BBQ Sauce Sweet and Sour Sauce Corn on the Cob	Roast Potatoes Yorkshire Pudding Gravy Seasonal Vegetables	Herby Potatoes Sweetcorn	Chips Peas or Baked Beans
		Flapjack	Jelly	School Biscuits	Ice Cream Tubs	Chocolate Sponge
		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**