

# St Thomas of Canterbury Church of England Primary School



## Three week menu plan from 4th November 2024

The new lunch menus will commence on  
**Tuesday 5th November 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 Friday 11th October.

**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! Cheese and Pepperoni <input type="checkbox"/>	Spaghetti Bolognese <input type="checkbox"/>	Roast Chicken <input type="checkbox"/>	BBQ Shredded Chicken Wraps <input type="checkbox"/>	Sausage Rolls <input type="checkbox"/>	
	or Cheese and Tomato <input type="checkbox"/>	or Neopolitan Pasta Bake <input type="checkbox"/>	or Cheesy Leek Pasta <input type="checkbox"/>	or Quorn Hoisin Pieces in Wraps <input type="checkbox"/>	or Vegetarian Sausage Rolls <input type="checkbox"/>	
<b>Vegetarian Option</b>	Potato Wedges Fresh Salad	Garlic Bread Fresh Salad	Roast Potatoes Yorkshire Pudding Gravy Seasonal Vegetables	Corn on the Cob Rice	Chips Peas or Baked Beans	
	Cornflake Cakes	School Sponge	Apple Crumble and Custard	Jelly	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			
<b>Main</b>	GF Pork Meatballs <input type="checkbox"/> Served with Pasta or Jacket Potatoes <input type="checkbox"/>	Roast Chicken <input type="checkbox"/> or Jacket Potatoes <input type="checkbox"/>	Breakfast Brunch <input type="checkbox"/> or Vegetarian Breakfast Brunch <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/> or Quorn Nuggets <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/> or Garlic Bread Fresh Salad	Tuna, Cheese, Beans Fresh Salad	Herby Potatoes Yorkshire Pudding Gravy Broccoli	Hash Browns Baked Beans	Chips Spaghetti Hoops/Peas
	<b>Vegetarian Option</b>	Flapjack or Own Packed Lunch <input type="checkbox"/>	Ice Cream Tubs or Own Packed Lunch <input type="checkbox"/>	School Sponge or Own Packed Lunch <input type="checkbox"/>	Jelly or Own Packed Lunch <input type="checkbox"/>	Homemade Oat Cookies or Own Packed Lunch <input type="checkbox"/>	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>		Tomato and Pepperoni Sauce Pasta <input type="checkbox"/>	Chicken Chunks <input type="checkbox"/>	Pork Sausage <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>
	or	or	or	or	or	or
<b>Vegetarian Option</b>		Tomato and Basil Sauce Pasta <input type="checkbox"/>	Quorn Nuggets <input type="checkbox"/>	Vegetarian Sausage <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Pizza Whirls <input type="checkbox"/>
		Herby Bread Fresh Salad	Rice BBQ Sauce Sweet and Sour Sauce Sweetcorn	Mashed Potato Gravy Peas/Carrots	Rice Naan Bread Fresh Salad	Chips Baked Beans
		Carrot Cake	Chocolate Vanilla Shortbread Biscuits	Jelly	Strawberry or Chocolate Mousse	Iced Buns
		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**