

# St Thomas of Canterbury Church of England Junior School



## Three week menu plan from April 2022

The new lunch menus will commence on  
**Tuesday 19<sup>th</sup> April 2022.**

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 18<sup>th</sup> March 2022.

**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: \_\_\_\_\_

# HOME COPY

# Week 1

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Tomato & Pepperoni Pizza <input style="float: right;" type="checkbox"/>	Sausage Roll <input style="float: right;" type="checkbox"/>	Roast Chicken <input style="float: right;" type="checkbox"/>	Spagetti Bolognese <input style="float: right;" type="checkbox"/>	Fish Fingers <input style="float: right;" type="checkbox"/>
<b>Vegetarian Option</b>	Cheese & Tomato Pizza <input style="float: right;" type="checkbox"/>	Veggie Sausage Roll <input style="float: right;" type="checkbox"/>	Quorn Fillet <input style="float: right;" type="checkbox"/>	Vegetable Bolognese <input style="float: right;" type="checkbox"/>	Cheese & Broccoli Quiche <input style="float: right;" type="checkbox"/>
	Sweetcorn Salad	Potato Balls Baked Beans	Roast Potatoes Carrots & Green beans	Salad Garlic Bread	Chips Peas Baked beans
	Rice Crispie Chocolate Cakes	Fruit Cocktail Pots	Ice Cream Arctic Roll	Angel Delight	Vanilla Sponge Cake
	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts	Fresh Fruit Yoghurts
	Own Packed Lunch <input style="float: right;" type="checkbox"/>	Own Packed Lunch <input style="float: right;" type="checkbox"/>	Own Packed Lunch <input style="float: right;" type="checkbox"/>	Own Packed Lunch <input style="float: right;" type="checkbox"/>	Own Packed Lunch <input style="float: right;" type="checkbox"/>

## Week 2

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Pepperoni Pasta <input type="checkbox"/>	Sausages <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	Beef Burger in a bun <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/>
<b>Vegetarian Option</b>	Tomato & Basil Pasta <input type="checkbox"/>	Veggie Sauasages <input type="checkbox"/>	Vegetable Curry <input type="checkbox"/>	Veggie Burger in a bun <input type="checkbox"/>	Quorn Nuggets <input type="checkbox"/>
	Garlic Bread Salad	Mash Potato Mixed Vegetables	Rice Naan Bread	Mini Waffle Salad	Chips Baked beans Peas/sweetcorn
	Chocolate Shortbread	Angel Delight	Ice Cream Pots	Fruit Cocktail Pots	Lemon 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"/>

## Week 3

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main</b>	Jacket Potato With Tuna or Cheese & Beans <input type="checkbox"/>	Meatballs & Pasta <input type="checkbox"/>	All Day Breakfast <input type="checkbox"/>	Chilli Con Carne <input type="checkbox"/>	Fish Finger <input type="checkbox"/>
<b>Vegetarian Option</b>	Wraps Tuna/Cheese <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Veggie Breakfast <input type="checkbox"/>	Veggie Chilli Con Carne <input type="checkbox"/>	Cheese Omelette <input type="checkbox"/>
	Salad	Garlic Bread Salad	Hash Browns Baked Beans	Rice Salad	Chips Peas Baked beans
	Fruity Ice Lolly	Jelly Pots	Mandarin Orange Pots	Oaty Cookie	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"/>