

# St Thomas of Canterbury Church of England Junior School



## Three week menu plan from 18th April 2023

The new lunch menus will commence on  
**Tuesday 18th April 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 22<sup>nd</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>	Pasta Day! Pepperoni sauce <input type="checkbox"/>	Homemade Bacon & Cheese Pastry Wrap <input type="checkbox"/>	Local Butcher's Roast Pork with Yorkshire Pudding and Gravy <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/>	
	or	or	or	or	or	
<b>Vegetarian Option</b>	Tomato and Basil sauce <input type="checkbox"/>	Homemade Vegetarian Sausage & Cheese Pastry Wrap <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Quorn Nuggets <input type="checkbox"/>	
	Fresh Salad Garlic Bread	Hash Brown Baked beans	Mash Potatoes Cabbage & Carrots	Rice and Naan Bread Crusty Bread Salad	Chips Peas or Spaghetti Hoops	
	School Sponge	Ice Cream Tubs	Homemade Shortbread Biscuits	Chocolate and Banana Mousse	Chocolate Cornflake Cakes	
	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>	Pizza Day! Cheese and Pepperoni <input type="checkbox"/>	Homemade Sausage Rolls <input type="checkbox"/>	Local Butcher's Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/>	Beef Bolognaise with pasta <input type="checkbox"/>	Breaded Turkey Burger in Pitta Bread <input type="checkbox"/>	
	or Cheese and Tomato <input type="checkbox"/>	or Homemade Vegetarian Sausage Rolls <input type="checkbox"/>	or Homemade Vegetarian Quiche <input type="checkbox"/>	or Cheese and Leek Pasta Bake <input type="checkbox"/>	or Quorn Fillet in Pitta Bread <input type="checkbox"/>	
		Pasta salad Sweetcorn	Potato Wedges Baked Beans	Roast Potatoes Green beans and Carrots	Garlic Bread Fresh Salad	Chips Salad
		Pancakes with Chocolate Sauce	Jelly Pots	Peaches and Ice Cream	Homemade Shortbread Biscuits	Fruit flavoured 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>	Gluten Free Pork Meatballs and Pasta <input type="checkbox"/>	Chicken Chunks In Batter <input type="checkbox"/>	All Day Breakfast with Bacon, Sausage And Omelette <input type="checkbox"/>	Local Butcher's Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/>	Breaded Fish Goujons <input type="checkbox"/>	
	or Macaroni Cheese <input type="checkbox"/>	or Quorn Pieces <input type="checkbox"/>	or All Day Breakfast with Vegetarian Sausage And Omelette <input type="checkbox"/>	or Vegetarian Cottage Pie <input type="checkbox"/>	or Cheese and Tomato Pizza Wheels <input type="checkbox"/>	
		Garlic Bread Fresh Salad	Rice Sweetcorn BBQ or Sweet & Sour Sauce	Hash Browns Baked Beans	Mashed potato Mixed Vegetable Medley	Chips Peas and Baked Beans
		Strawberry Mousse	Summer Fruit Crumble and Custard	Jelly Pots	Arctic Roll	Homemade Oaty Cookie
		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**