

St Thomas of Canterbury Church of England Junior School



Three week menu plan from November 2021

The new lunch menus will commence on
Tuesday 2nd November 2021.

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 24th September 2021
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 meal option or if you will be providing your own packed lunch for your child.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Tomato & Pepperoni Pasta <input type="checkbox"/>	Pork Sausage <input type="checkbox"/>	Roast Chicken <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>
Vegetarian Option	Tomato & Basil Pasta <input type="checkbox"/>	Veggie Sausage <input type="checkbox"/>	Cheese & Leek Pasta bake <input type="checkbox"/>	Vegetable Curry <input type="checkbox"/>	Cheese & Tomato Quiche <input type="checkbox"/>
	Garlic Bread Salad	Mashed Potato Mixed Vegetables	New potatoes Carrots & Green beans	Rice Naan bread	Chips Peas Baked beans
	Apple Crumble & Custard	Oaty Cookie	Frozen Yoghurt	Chocolate Angel Whirl	Iced 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"/>

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
Main	Pepperoni Pizza <input type="checkbox"/>	Sausage Roll <input type="checkbox"/>	Roast Pork <input type="checkbox"/>	Pasta Bolognese <input type="checkbox"/>	Chicken Nuggets <input type="checkbox"/>
Vegetarian Option	Cheese & Tomato Pizza <input type="checkbox"/>	Veggie Sausage Roll <input type="checkbox"/>	Quorn Fillet <input type="checkbox"/>	Veggie Bolognese <input type="checkbox"/>	Quorn Dippers <input type="checkbox"/>
	Cold pasta salad Salad	Potato Noisettes Baked beans	Roast Potatoes Carrots & Green beans	Garlic Bread Salad	Chips Baked beans Sweetcorn
	Cornflake Cake	Waffles & Chocolate Sauce	Strawberry Angel Whirl	Chocolate chip shortbread	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
Main		Jacket Potato With Tuna & Sweetcorn <input type="checkbox"/>	Chicken burger in brioche bun <input type="checkbox"/>	Roast Gammon <input type="checkbox"/>	Pork meatballs with pasta in tomato sauce <input type="checkbox"/>	Fish fillet <input type="checkbox"/>
Vegetarian Option		Jacket Potato With Cheese & beans <input type="checkbox"/>	Veggie burger in brioche bun <input type="checkbox"/>	Cauliflower & Broccoli Bake <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Omelette <input type="checkbox"/>
		Salad	Potato Wedges Salad	Roast Potatoes Carrots Cabbage	Garlic Bread Salad	Chips Peas Baked beans
		Choclote Rice Krispie Cake	Vanilla/Jam sponge & Custard	Jelly Pot	Peaches & Ice cream	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"/>