

St Thomas of Canterbury Church of England Junior School



Three week menu plan from 31st October 2022

The new lunch menus will commence on
Monday 31st October 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 7th October 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: _____

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
Main	Pasta Day! Pepperoni sauce <input type="checkbox"/>	Homemade Sausage Rolls <input type="checkbox"/>	Local Butcher's Roast Chicken with Yorkshire Pudding and Gravy <input type="checkbox"/>	Chicken Tikka <input type="checkbox"/>	Fish Fillet <input type="checkbox"/>	
	or	or	or	or	or	
Vegetarian Option	Tomato and Basil sauce <input type="checkbox"/>	Homemade Vegetarian Sausage Rolls <input type="checkbox"/>	Quorn Fillets <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Cheese and Peppers Quesadilla <input type="checkbox"/>	
	Fresh Salad Garlic Bread	Buttered new potatoes Baked beans or Sweetcorn	Roast Potatoes Yorkshire Pudding Carrots and Peas	Rice and Naan Bread Crusty Bread Salad	Chips Peas or Baked Beans	
	Chocolate Sponge and Custard	Ice Cream Tubs	Jelly Pots	Oaty Cookie	Cinnamon Whirls	
	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
Main	Pizza Day! Cheese and Pepperoni <input type="checkbox"/>	Chicken Chunks <input type="checkbox"/>	All Day Breakfast with Bacon, Sausage And Omelette <input type="checkbox"/>	Gluten Free Pork Meatballs and Pasta <input type="checkbox"/>	Fish Fingers <input type="checkbox"/>	
	or Cheese and Tomato <input type="checkbox"/>	or Quorn Dippers <input type="checkbox"/>	or All Day Breakfast with Vegetarian Sausage And Omelette <input type="checkbox"/>	or Cheese and Tomato Pasta Bake <input type="checkbox"/>	or Vegetable Parcels <input type="checkbox"/>	
		Pasta salad Fresh Salad	Rice BBQ/Sweet n Sour Sauces Sweetcorn	Hash Browns Baked beans	Garlic Bread Fresh Salad	Chips Baked Beans or Peas
		Homemade Chocolate Cornflake Cakes	Shortbread Biscuit	Fruit Pots or Cheese and Crackers	Angel Delight	Flapjacks
		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
Main		Jacket Potato with Tuna and Sweetcorn <input type="checkbox"/>	Pork Sausages <input type="checkbox"/>	Roast Gammon <input type="checkbox"/>	Beef Bolognaise with Spaghetti <input type="checkbox"/>	Breaded Turkey Burger <input type="checkbox"/>
	or		or		or	or
Vegetarian Option		Cheese and Beans <input type="checkbox"/>	Quorn Sausages <input type="checkbox"/>	Cheese and Broccoli Bake <input type="checkbox"/>	Spaghetti Neopolitan <input type="checkbox"/>	Vegetarian Burger <input type="checkbox"/>
		Fresh Salad Coleslaw	Mashed Potato Baked beans or Sweetcorn	Roast Potatoes Yorkshire Pudding Carrots and Peas	Garlic Bread Fresh Salad	Chips Peas and Baked Beans
		Mandarin Fruit Pots	Chocolate Orange Sponge	Pancakes with Chocolate Sauce	Shortbread Biscuit	Vanilla 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