

St Thomas of Canterbury Church of England Junior School



Two week menu plan from January 2021

The new menus will commence on
Monday 4th January 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 two week cycle.
Return **one** menu plan to school by Thursday 10th December 2020

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"/> or Southern Fried Chicken <input type="checkbox"/>	Jacket Potato with Tuna & Sweetcorn <input type="checkbox"/> or Sausage & Mash <input type="checkbox"/>	Chicken nuggets <input type="checkbox"/> or Quorn Dippers <input type="checkbox"/>	Tomato & Basil Pasta <input type="checkbox"/> or Southern Fried Quorn Fillet <input type="checkbox"/>	Jacket Potato with Cheese & Beans <input type="checkbox"/> or Veggie Sausage & Mash <input type="checkbox"/>
Vegetarian Option	Garlic Bread Potato Balls Green Beans or Carrots	Green Beans or Carrots Chips Green Beans or Carrots			
	<u>To Drink:</u>	<u>To Drink:</u>	<u>To Drink:</u>	<u>To Drink:</u>	<u>To Drink:</u>
	Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>
	Brownie	Fruit Smoothie	Cornflake Cake	Pancake with Chocolate Sauce	Shortbread Biscuit
	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"/> or	Chicken Tikka & Potato Wedges <input type="checkbox"/> or	Jacket Potato with Tuna & Sweetcorn <input type="checkbox"/> or	Pasta Bolognese <input type="checkbox"/>	Fish Fingers <input type="checkbox"/> or
Vegetarian Option	Cheese & Tomato Pizza <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Jacket Potato with Cheese & Beans <input type="checkbox"/>	Cheese & Tomato Pasta <input type="checkbox"/>	Veggie Sausage Roll <input type="checkbox"/>
	Noisette Potato Balls	Naan Bread		Garlic Bread	Chips Green Beans or Carrots
	<u>To Drink:</u> Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	<u>To Drink:</u> Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	<u>To Drink:</u> Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	<u>To Drink:</u> Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>	<u>To Drink:</u> Orange <input type="checkbox"/> Fruits of the Forest <input type="checkbox"/> Water <input type="checkbox"/>
	Ice Cream Tubs	Iced Sponge	Cornflake Cake	Fruit Smoothie	Oaty Cookie
	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"/>