

St Thomas Primary School

Weekly menu

WEEK ONE



Monday

Margherita Pizza
Wheat, Milk
with Potato Wedges

Jacket Potato
with Baked Beans &
Cheese (V)
Wheat, Milk

Veg of the Day:
Sweetcorn & Peas

Salad Bar:
Cucumber, Tomato, Lettuce,
Mixed Bean Salad

Toffee Apple Flapjack
Milk, Wheat

Tuesday

BBQ Style Chicken
Crunchy Coleslaw
Egg
& Rice

Vegetable & Kidney Bean
Jollof Rice (V)

Veg of the Day:
Green Beans & Carrots

Salad Bar:
Cucumber, Tomato, Lettuce,
Pasta Salad
Wheat

Portuguese Style
Orange Cake
Wheat, Egg, Milk
with Custard
Milk

Wednesday

Cottage Pie & Gravy

Chinese Style Stir Fry
(Eat Curious)
with Noodles (V)
Egg

Veg of the Day:
Seasonal Veg

Salad Bar:
Cucumber, Tomato, Lettuce,
Carrot Sticks

Jelly
with Fresh Fruit Wedges

Thursday

Hotdog
with Herbed Diced Potatoes

Carrot & Leek Sausage
with Herbed Diced Potatoes (V)

Veg of the Day:
Sweetcorn & Savoy Cabbage

Salad Bar:
Cucumber, Tomato, Sweetcorn,
Coleslaw
Egg

Vanilla Shortbread Milk
Wheat
with Fresh Fruit Wedges

Friday

Fish Fingers
Fish, Wheat
& Chips & Tomato Sauce

Chickpea & Herb Vegetable
Bites (V)
& Chips & Tomato Sauce

Veg of the Day:
Baked Beans & Peas

Salad Bar:
Rainbow Salad

Berry Swirl Sponge
Wheat, Egg, Milk
Custard
Milk

Available daily

Please ask the catering manager for food allergen information

Available Daily: Freshly Baked Bread, Salad Selection, Fruits.....

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.