

St Thomas Primary School

Weekly menu

WEEK TWO



Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni & Cheese
Wheat, Milk

Sweet & Sour Chicken
with Rice

Roast Turkey
with Roast Potatoes & Gravy

Beef Bolognese
with Spaghetti
Wheat

Fish Fingers
Wheat, Fish
& Chips with Tomato Sauce

Jacket Potato with Baked Beans
& Cheese (V)
Milk

Roasted Vegetables with Tomato
Pasta (V)
Wheat

Cheddar Cheese & Leek
Pinwheel (V)
Wheat, Milk
with Roast Potatoes & Gravy

Vegetarian Bolognese (V)
with Spaghetti
Wheat

Falafel Bites with Sweet Chilli
Dip (V)
& Chips with Tomato Sauce

Veg of the Day:
Carrots & Green Beans

Veg of the Day:
Sweetcorn & Green Beans

Veg of the Day:
Mixed Vegetable Medley

Veg of the Day:
Seasonal Vegetables

Veg of the Day:
Baked Beans & Peas

Salad Bar:
Cucumber, Tomato, Lettuce,
Carrot Sticks

Salad Bar:
Cucumber, Tomato, Lettuce,
Coleslaw
Milk

Salad Bar:
Cucumber, Tomato, Lettuce,
Sweetcorn

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

Salad Bar:
Cucumber, Tomato,
Pasta Salad
Wheat

Wholemeal Carrot Cake
Wheat, Egg
with Custard
Milk

Vanilla Ice Cream
Milk
with Fresh Fruit Wedges

Mandarin Jelly
with Fresh Fruit Wedges

Lemon Sponge
Wheat, Egg, Milk
Custard
Milk

Vanilla Shortbread
Wheat, Milk
with Orange Wedges

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.