

St Thomas Primary School

Weekly menu

WEEK THREE



Monday

Tuesday

Wednesday

Thursday

Friday

Pasta
Wheat
with Pesto
Milk (No Nuts)

Beef Lasagne
Wheat, Milk

Chicken Sausages
with Mashed Potatoes & Gravy

Chicken Tikka Masala
with Pulao Rice

Fish Fingers
Wheat, Fish
& Chips with Tomato Sauce

Jacket Potato with Baked Beans
or Cheddar Cheese (V)
Milk

Penne Pasta
Wheat
Primavera (Spring Veg) (V)

Vegan Sausage
with Mashed Potatoes & Gravy
(V)

Chickpea, Cauliflower & Sweet
Potato Curry
with Pulao Rice (V)

Vegetable Pattie (V)
Wheat
& Chips with Tomato Sauce

Veg of the Day:
Seasonal Vegetables

Veg of the Day:
Broccoli & Sweetcorn

Veg of the Day:
Carrots & Baked Beans

Veg of the Day:
Green Beans & Sweetcorn

Veg of the Day:
Baked Beans & Peas

Salad Bar:
Cucumber, Tomato, Lettuce,
Carrot Sticks

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

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

Salad Bar:
Cucumber, Tomato, Lettuce,
Coleslaw
Milk

Salad Bar:
Cucumber, Tomato, Lettuce,
Potato Salad
Egg

Jam Sponge
Wheat, Egg, Milk
with Custard
Milk

Jelly
with Fresh Fruit Wedges

Chocolate Sponge
Wheat, Egg, Milk
Chocolate Sauce
Milk

Apple Crumble
with Custard
Wheat, Milk

Vanilla Shortbread
with Fresh Fruit 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.