

St Thomas Lunch Menu



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli Con Carne served with Rice	Chicken Tikka with Pilaf Rice	Gammon roast dinner	Homemade Minced Beef Pie with diced Potatoes	Cheese Pizza
MSC Salmon Fish Cakes	Cheese flan with Savoury Rice	Cheese Whirls Both served with creamy mashed potatoes	Italian Pasta Bake with garlic bread	Selection of sandwiches served on wholemeal bread
Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Both served with fries
Lemon and Blueberry Cake	Shortbread biscuits	Apple sponge and custard	Strawberry Mousse	Vanilla Ice Cream

Bread, Salad Options, Vegetables, Yogurt and Fresh Fruit are served daily.

Water is available to all children

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Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bolognaise	Lentil Curry with Naan	Roast Chicken Dinner with Stuffing and Mash	Meatballs in Gravy with potato wedges	Baked Beans or Spaghetti hoops on toast with omelette
Quorn Chilli served with Tortilla chips	Cheese Pie served with herby diced potatoes	MSC Cod fishcakes with Mash	Arrabbiata Pasta with Garlic Bread	Assorted Paninis
Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Both Served with Chips
Vanilla Iced Sponge slice	Banana Mousse with toffee sauce	Lemon Sponge and custard	Vanilla Cookies	Vegetarian Raspberry Jelly with cream

Bread, Salad Options, Vegetables, Yogurt and Fresh Fruit are served daily. Water is available to all children.

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages served with diced potatoes	Chicken Curry served with rice	Mince Beef and dumplings	Chicken Fajitas with mixed salad	Fish Fingers
Sweet chilli vegetable noodles	Tomato pasta bake with garlic bread	Cheese Quiche Served with Mash	Homemade Mac and Cheese	Selection of sandwiches on wholemeal bread Served with chunky chips
Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings	Jacket Potatoes with various fillings
Ginger Bicsuits	Fruit Salad	Raspberry Cake and custard	Apple Flapjack	Raspberry Jelly

Bread, Salad Options, Vegetables, Yogurt and Fresh Fruit are served daily. Water is available to all children.