



# ST THOMAS MORE CATHOLIC PRIMARY SCHOOL AUTUMN II MENU

31/10/22, 21/11/22, 12/12/22

Homemade Soup with fresh bread  
Planet Saving Nuggets with  
Diced Potatoes  
Peach Muffin, Fresh Fruit  
Yoghurt

Lasagne with Peas & Sweetcorn  
Or Vegetable Lasagne

Shortbread Biscuit  
Fresh Fruit or Yoghurts

Sweet & Sour Chicken with Rice  
Sweet & Sour Quorn with Rice

Apple Crumble & Custard  
Fresh Fruit or Yoghurt

Roast Pork or Vegetable Samosa  
Roast Potatoes Broccoli & Gravy

Fruit Jelly, Fresh Fruit  
Yoghurt

Fish Fingers,  
Chips & Beans

Cappuccino Cake  
Fresh Fruit or Yoghurt

7/11/22, 28/11/22

Macaroni Cheese  
with Garlic Bread

Flapjack  
Fresh Fruit or Yoghurt

Sausage/Vegan Sausage Casserole  
with Quinoa

Strawberry Muffin  
Fresh Fruit or Yoghurt

Beef/Vegan Mince Burrito  
with Salad

Fudge Tart & Custard  
Fresh Fruit or Yoghurts

Roast Chicken/Cheese & Paprika Twists  
Roast Potatoes, Broccoli & Gravy

Citrus Shortbread  
Fresh Fruit or Yoghurt

Fish, Chips & Beans  
with Spaghetti Hoops

Jam Sponge with Custard  
Fresh Fruit or Yoghurt

14/11/22, 5/12/22

Vegetarian Cottage Pie  
with Carrots

Mint Chocolate Shortbread  
Fresh Fruit or Yoghurt

Meatballs/Vegetarian Meatballs  
with Spaghetti

Lemon Sponge with Custard  
Fresh Fruit or Yoghurt

Chicken & Veg Pie with Diced Potatoes  
Quorn & Veg Pie with Diced Potatoes

Chocolate & Beetroot Muffin  
Fresh Fruit or Yoghurt

Roast Beef/ Cheese Quiche  
Roast Potatoes, Yorkshire Puddings  
Broccoli & Gravy  
Fruit Mousse  
Fresh Fruit or Yoghurt

Fish Fingers  
Chips & Beans

Pineapple Upside-down Cake  
Fresh Fruit or Yoghurt

## DATES TO REMEMBER

Meat-free Mondays – we  
are helping to save our  
planet by not eating meat  
on Mondays

Christmas Lunch will be on  
Thursday 15<sup>th</sup> December.  
Details will follow closer to  
the time.

Cheese/ham/tuna sandwich/wrap/sub/bagel are also available as an alternative - options do change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY