



# ST THOMAS MORE CATHOLIC PRIMARY SCHOOL AUTUMN MENU

WEEK 1 04/09 25/09 16/10

WEEK 2:- 11/09 02/10

WEEK 3:- 18/09, 09/10

DATES TO REMEMBER

MONDAY

Jacket Potato with  
Cheese & Beans,  
Salad  
Cookies, Fresh Fruit  
Yoghurts

Vegan Tuna Pasta Bake  
with Garlic Bread

Fruit Muffins  
Fresh Fruit or Yoghurts

Cheese & Bean Pasty  
Diced Potatoes & Sweetcorn

Pancakes with Syrup  
Fresh Fruit or Yoghurts

TUESDAY

All Day Breakfast  
Vegetarian All Day Breakfast

Jam Sponge & Custard  
Fresh Fruit or Yoghurts

Cottage Pie with Peas  
Vegetarian Cottage Pie with Peas

Fudge Tart with Custard  
Fresh Fruit or Yoghurts

Chicken fajitas with Salad  
Mexican Wrap with Salad

Lemon Sponge with Custard  
Fresh Fruit or Yoghurts

WEDNESDAY

Pasta Bolognese with Garlic Bread  
Vegetarian Pasta Bolognese

Rice Crispy Cake,  
Fresh Fruit or Yoghurts

Chicken Curry, Rice & Naan Bread  
Quorn Curry, Rice & Naan Bread

Cappuccino Cake  
Fresh Fruit or Yoghurts

Vegetable Chili with Rice,  
Nachos

Flapjack  
Fresh Fruit or Yoghurts

THURSDAY

Roast Chicken or Quiche  
Roast Potatoes Broccoli & Gravy

Fruit Jelly, Fresh Fruit  
Yoghurts

Roast Beef or Samosa  
Roast Potatoes, Yorkshire Pudding  
Broccoli & Gravy  
Shortbread

Fresh Fruit or Yoghurts

Roast Turkey or Cheese & Tomato Swirl  
Roast Potatoes, Broccoli & Gravy

Ice Cream Tubs  
Fresh Fruit or Yoghurts

FRIDAY

Fish Fingers,  
Chips & Beans

Citrus Shortbread  
Fresh Fruit or Yoghurts

Fish, Chips & Beans

Choc Ice  
Fresh Fruit or Yoghurts

Fish Nuggets  
Chips & Beans

Chocolate & Beetroot Muffins  
Fresh Fruit or Yoghurts

All of our main meals are served with seasonal vegetables, freshly baked bread, chilled and filtered water and a freshly prepared salad bar. Cold meat or cheese sandwich/wrap/sub/bagel are also available as an alternative - options change weekly  
All of our meat is sourced locally