



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, Baked Bean & Spiral Pasta Bake 	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes Or Roast Gammon	Red Tractor Beef Pasta Bolognese & Garlic Bread 	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza with Tomato Pasta Salad 	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese with Garlic Bread 	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Tractor Garden Peas 
Baked Jacket Potatoes	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard 

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish




**Our desserts meet Public Health England's target for 'free sugar' intake for your child.**

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



# ST THOMAS'S JUNIOR SCHOOL Autumn / Winter 2024/2025 - Week Two



<p><b>Main Meal Option 1</b></p>	<p><b>Cheese &amp; Tomato Pizza with Tomato Pasta Salad</b>  </p>	<p><b>Red Tractor Pork Sausage with Mashed Potatoes &amp; Gravy</b></p>	<p><b>Roast Chicken with Gravy, Yorkshire Pudding &amp; Roast Potatoes Or Roast Gammon</b></p>	<p><b>Garlic &amp; Tomato Chicken Pasta Spirals</b>  </p>	<p><b>MSC Fish Fingers &amp; Chips</b></p>
<p><b>Main Meal Option 2</b></p>	<p><b>Potato, Spinach &amp; Cheese Toasted Wrap with Tomato Salsa</b>  </p>	<p><b>Plant Based Sausage with Mashed Potatoes &amp; Gravy</b>  </p>	<p><b>Quorn Grill with Gravy, Yorkshire Pudding &amp; Roast Potatoes</b>  </p>	<p><b>Beany Vegetable Wrap With a side of Sunny Vegetable Rice</b>  </p>	<p><b>Crispy Vegetable Fingers &amp; Chips</b></p>
<p><b>Vegetables</b></p>	<p><b>Baked Beans or British Red Tractor Garden Peas</b>  </p>	<p><b>Broccoli/Cauliflower &amp; Carrots</b>  </p>	<p><b>Broccoli/Cauliflower &amp; Carrots, Sweetcorn</b>  </p>	<p><b>Broccoli/Cauliflower &amp; Carrots</b>  </p>	<p><b>Baked Beans, British Red Tractor Garden Peas</b>  </p>
<p><b>Baked Jacket Potatoes</b></p>	<p><b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b></p>	<p><b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b></p>	<p><b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b></p>	<p><b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b></p>	<p><b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b></p>
<p><b>Dessert</b></p>	<p><b>Apple &amp; Sultana Crumble Bar with Custard</b>  </p>	<p><b>Iced Carrot Cake &amp; Orange Slices</b>  </p>	<p><b>Chocolate Shortbread/Pinwheels with Chocolate Sauce</b></p>	<p><b>Toffee Cream Tart</b></p>	<p><b>Chocolate Oaty Slice</b></p>

Portion(s) of fruit or veg



Source of wholegrain



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50% fruit



Oily fish














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# ST THOMAS'S JUNIOR SCHOOL Autumn / Winter 2024/2025 - Week Three



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes Or Roast Gammon	Beef & Potato Pie with Mash or Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie 	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato Pie with Mash or Skin on Potato Wedges ½ portion	Cheese & Onion Pastry Roll
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
Baked Jacket Potatoes	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham
Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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