

# St Thomas Becket RC Primary School

## Weekly menu

WEEK ONE: W/C 5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1/23



### Monday

Pizza Margherita or  
Sweet Pepper, Olive & Pesto  
Pizza with Chef's Salad  
Eggs, Milk, Soybeans, Wheat

### Tuesday

Cottage Pie with Caramelised  
Onion & Thyme Gravy

### Wednesday

Herb Roast Turkey with Roast  
Potatoes or New Potatoes

### Thursday

Beef Penne Pasta with Garlic &  
Herb Focaccia Bread  
Eggs, Milk, Soybeans, Wheat

### Friday

Battered Fish with  
Chips & Tomato Sauce  
Fish, Wheat

Sweet Potato Stir with Spiced  
Vegetable Rice

Tomato & Basil Pasta with  
Paprika & Garlic Bread  
Eggs, Milk, Soybeans, Wheat

Root Vegetable Rosti with Roast  
Potatoes or Herbed New  
Potatoes

Pasta Primavera with Garlic &  
Herb Focaccia Bread  
Eggs, Milk, Soybeans, Wheat

Wholemeal Cheddar Cheese &  
Spinach Quiche with Chips  
Eggs, Milk, Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Apple Crumble with Custard  
Milk, Wheat

Carrot Cake Cookie with Fresh  
Orange Wedges  
Eggs, Wheat

Red Velvet Cake with Chocolate  
Sauce  
Eggs, Milk, Wheat

Berry Swirl Sponge with Custard  
Eggs, Milk, Wheat

Harrison Bear Chocolate  
Shortbread with Fresh Fruit  
Wedges  
Wheat

### Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

### 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.

# St Thomas Becket RC Primary School

## Weekly menu

WEEK TWO: W/C 12/9, 3/10, 31/10, 21/11, 12/12, 16/1, 6/2/23



### Monday

Macaroni Cheese with Tomato & Basil Focaccia Bread  
Eggs, Milk, Soybeans, Wheat

### Tuesday

Jacket Potato with Mild Beef Chilli & Sour Cream  
Milk, Wheat  
Jacket Potato with Baked Beans & Cheddar Cheese  
Milk

### Wednesday

Lemon & Thyme Chicken Casserole with Roast Potatoes

### Thursday

Beef Bolognese with Fusilli Pasta. Tomato & Herb Breadstick  
Eggs, Milk, Soybeans, Wheat

### Friday

Breaded Fish with Chips & Tomato Sauce  
Fish, Wheat

Indian Style Vegetable Biryani with Chickpea Dhal  
Wheat

Salmon & Lemon Fishcake with Herbed New Potatoes  
Fish

Sweet Potato & Parsnip Wellington with Roast Potatoes  
Wheat

Vegetable Bolognese with Fusilli Pasta, Tomato & Herb Breadstick  
Eggs, Milk, Soybeans, Wheat

Chilli Bean Wrap with Salsa & Chips  
Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Lemon Sponge with Custard  
Eggs, Milk, Wheat

Oat & Raisin Cookie with Fresh Fruit Wedges  
Eggs, Wheat

Carrot & Orange Cake with Custard  
Eggs, Milk, Wheat

Marbled Sponge with Chocolate Sauce  
Eggs, Milk, Wheat

Ice Cream with Fresh Fruit Wedges  
Milk

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# St Thomas Becket RC Primary School

## Weekly menu

WEEK THREE: W/C 19/9, 10/10, 7/11, 28/11, 2/1, 23/1/23



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Italian Style Tomato & Herb Pasta with Garlic & Herb Breadstick  
Eggs, Milk, Soybeans, Wheat

BBQ Style Chicken with Vegetable Rice  
Wheat

Roast Gammon with Roast Potatoes  
Sulphites

Pork Sausages with Mashed Potatoes  
Sulphites

Battered Fish with Chips & Tomato Sauce  
Fish, Wheat

Jacket Potato with Cheddar Cheese & Coleslaw  
Eggs, Milk, Mustard

Cheese & Chive Vegetable Pasta with Tomato Focaccia Bread  
Eggs, Milk, Soybeans, Wheat

Roast Root Vegetable Hotpot

Pesto Style Pasta with a Mediterranean Style Salad with Olives & Croutons  
Eggs, Milk, Soybeans, Wheat

Cornish Style Pasty with Rainbow Ribbon Salad & Chips  
Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Pineapple & Orange Sponge with Custard  
Eggs, Milk, Wheat

Jelly with Fresh Fruit Wedges

Apple & Berry Oat Bar with Custard  
Milk, Wheat

Chocolate Sponge with Chocolate Sauce  
Eggs, Milk, Wheat

Harrison Bear Lemon Shortbread with Fresh Fruit Wedges  
Wheat

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