



School meals are good value!

A school lunch is a freshly prepared meal with a dessert, and at £2.30 costs less than a cup of coffee from a shop chain. In addition a healthy balanced meal is essential for energy and vital for children's health and development. Research has shown a school meal can help children concentrate and enhance their learning!

Free School Meals

What you need to know

All pupils in Reception, Y1 and Y2 are able to receive a school meal at no cost to parents. This is called **UNIVERSAL FREE SCHOOL MEALS**.

It is still really important to register your child for **FREE SCHOOL MEALS** (even in the infant classes) to ensure school receives extra funding for your child's education; this is called **PUPIL PREMIUM FUNDING**.

Children in Years 3—6

If your family receives certain benefits or is on a low income, your child could be eligible for **FREE SCHOOL MEALS**. It costs nothing to apply but could save you money and the school receives **Pupil Premium Funding**. To find out if you qualify and how to apply please ask a member of staff in the school office, or email school on:

admin@stthomas.cumbria.sch.uk



Menu Information

Never underestimate the importance of good food at lunchtime!

Please find the menu for our school on the reverse of this leaflet. We really hope the children enjoy eating the lunches specially prepared for them by Sam and Lorraine.

A few things to note:

- Our food is freshly prepared on site
- We use local and seasonal produce
- We use fresh meat from local suppliers
- Our menu meets the Government Nutrition Standards
- We always cater for special diets wherever possible





Week 1

Week 2

Week 3

*Jacket Potato with filling and Soup and Fresh bread are available to order. The Salad Bar and Fresh Fruit is accessible every day.

Monday

Tomato pasta bake
Cheese, broccoli and cauliflower pasta bake (V)
Homemade Biscuit

Sweet and Sour Chicken with Noodles
Sweet and Sour Quorn with Noodles (V)
Homemade Biscuit

Chicken Curry with Basmati Rice
Courgette, Pepper +Mushroom Curry with
Basmati Rice (V)
Both curries with freshly made Naan bread.
Homemade Biscuit

Tuesday

Minced Beef and Potato Pie
Quorn and Potato Pie (V)
Fruit crumble and custard

Pasta Bolognese with Fresh Bread
Quorn Bolognese with Fresh Bread
Fruit crumble and custard

Pasta Bolognese with Fresh Bread
Quorn Bolognese with Fresh Bread
Fruit crumble and custard

Wednesday

Roasted Chicken, (Quorn Nuggets) (V) Roast
Potatoes, Yorkshire Pudding, Seasonal Veg
and Gravy
Yogurt

Roasted Ham (Quorn Nuggets) (V) Roast
Potatoes, Yorkshire Pudding, Seasonal Veg
and Gravy
Yogurt

Roasted Chicken, (Quorn Nuggets) (V) Roast
Potatoes, Yorkshire Pudding, Seasonal Veg
and Gravy
Yogurt

Thursday

Margherita Pizza (V) Cheese and Ham Pizza
with Oven Chips
Jelly and Fruit

Prime Pork Sausage (Quorn sausage) (V)
with creamy mashed potatoes and baked
beans
Jelly and Fruit

Homemade Sausage Roll,
(Quorn sausage roll) (V)
Baked Potato Wedges and Beans
Jelly and Fruit

Friday

Fish Fingers (Vegetable Fingers) (V)
New Potatoes and Seasonal Veg
Sponge Cake

Fish Fingers (Vegetable Fingers) (V)
New Potatoes and Seasonal Veg
Sponge Cake

Fish Fingers (Vegetable Fingers) (V)
New Potatoes and Seasonal Veg
Sponge Cake

The Kitchen does not use any peanut or almond products in its food preparation. Due to availability and supply difficulties at times, we may have to substitute meal choices for a suitable alternative.

PLEASE CONTACT SCHOOL KITCHEN FOR FURTHER INFORMATION ON ALLEGENS OR IF YOUR CHILD HAS ANY NOTIFIABLE ALLERGIES.