

SPRING

Week **01**

Lunch MENU

School

Helen Allison School



MONDAY

Tuna Pasta Bake

Oven Baked Potato with Prawns in Marie Rose Sauce or Cheese

Homemade Bread & Sweetcorn

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Tuesday

Cheeseburger

Vegan Beanie Burger

Sauté Potatoes & Coleslaw

Banana Flapjack



Wednesday

Roast Pork

Mediterranean Gnocchi Bake

Roast Potato, Carrots & Broccoli

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Everyday

Breakfast List

**Toast, Jam or Marmite
Cornflakes, Bran flakes or Rice Crispies
Apple Juice**

THURSDAY



Chicken fajitas served with sour cream

Vegetable Fajita

Rice & Roasted Vegetables

Choc Ice



Friday

Baked Cod Fillet with Tar Tar Sauce

Oven Baked Potato with Beans & Cheese

Crispy Chips, Garden Peas & Baked Beans.

Selection of Cut & Whole Fruit With Yoghurt and toppings.



NOTES



Salad Bar

Mixed leaf, Mixed Peppers, Tomato, Cucumber & Beetroot

Fruit Pots:

Sultanas, Grapes, Melon, Pineapple, Mixed

Berries & strawberries



We are award winners!

SPRING

Week **02**

Lunch MENU

School

Helen Allison School



MONDAY

Flat Bread Pepperoni Pizza

Oven Baked Potato with Cheese & Coleslaw

Sauté Potatoes & Sweetcorn

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Tuesday

Chicken Katsu Curry

Creamy Halloumi & Tomato Curry

Rice & Naan Bread

Chocolate Krispie Cake



Wednesday

Roast Gammon

Quorn Roast

Roast Potatoes , Cauliflower Cheese & Baby Carrots

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Everyday

Breakfast List

**Toast, Jam or Marmite
Cornflakes, Bran flakes or Rice
Crispies
Apple Juice**

THURSDAY



Spaghetti Bolognese

Baked Feta Pasta

Garlic Bread & Grated Cheese

Oat Cookies



Friday

Oven Baked Fish Fingers with Tar Tar Sauce

Oven Baked Potato with Beans & Cheese

Crispy Chips, Garden Peas & Baked Beans.

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



NOTES



Salad Bar

Mixed leaf, Mixed Peppers, Tomato, Cucumber & Beetroot

Fruit Pots:

Sultanas, Grapes, Melon, Pineapple
Mixed Berries & Strawberries



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SPRING

Week **03**

Lunch MENU

School

Helen Allison School



MONDAY

Cheese & Tomato Pasta Bake

Oven Baked Potato with Tuna or Grated Cheese

Baguette & Sweetcorn

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Tuesday

Chicken Pie in Gravy

Enchilada Pie

New Potatoes , Green Beans & Cabbage

Fruit Smoothie



Wednesday

Cumberland Sausage

Vegan Cumberland Sausage

Mash Potato, Broccoli & Carrots

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Everyday

Breakfast List

**Toast, Jam or Marmite
Cornflakes, Bran flakes or Rice Crispies
Apple Juice**

THURSDAY



Chilli Con Carne

Falafel Pittas

Rice, Taco & Sour Cream

Jam Tart & Custard



Friday

Oven Baked Jumbo Fish Finger

Oven Baked Potato with Beans & Cheese

Crispy Chips, Garden Peas & Baked Beans.

Selection of Cut & Whole Fruit With Yoghurt and toppings.



NOTES



Salad Bar

Mixed leaf, Mixed Peppers, Tomato, Cucumber & Beetroot

Fruit Pots:

Sultanas, Grapes, Melon, Pineapple, Mixed Berries & strawberries



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