

SPRING

Week **01**

# Lunch MENU

School

Helen Allison School



**MONDAY**

**Cheese & Tomato 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**

**Chicken fajitas served with  
sour cream**

**Vegan Enchiladas**

**Rice & Roasted Vegetables**

**Choc Ice**



**Wednesday**

**Sausage Plait**

**Mushroom & Brie Wellington**

**Mash 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** **Th**

**Cheese Burger**

**Vegan Buttermilk Style Burgers**

**Sauté Potatoes Coleslaw**

**Flapjack**



**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!*

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Week **02**

# Lunch MENU

School

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**MONDAY**

Flat Bread Pepperoni Pizza

Oven Baked Potato with  
Cheese & Coleslaw

Sauté Potatoes & Sweetcorn

Selection of Cut & Whole Fruit  
with Yoghurt & Toppings.



**Tuesday**

Sweet & Sour Chicken

Sweet & Sour Tofu

Rice & Prawn Cracker

Fruit Smoothie



**Wednesday**

Roast Gammon

Quorn Roast

Roast Potatoes, Broccoli & 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** **Th**

Meatballs with Spaghetti

Vegan Bolognese

Garlic Bread & Grated Cheese

Chocolate Chip 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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Week **03**

# Lunch MENU

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Helen Allison School



**MONDAY**

Spaghetti with Red Pesto  
Sauce & Grated Cheese

Oven Baked Potato with Tuna  
or Grated Cheese

Homemade Bread & Sweetcorn

Selection of Cut & Whole Fruit  
With Yoghurt and toppings.



Chicken Pie in Gravy

Creamy Vegan Tart with  
Roasted Vegetables

New Potatoes , Green Beans &  
Cabbage

Jelly & fresh fruit salad



**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** **Th**

Chilli Con Carne

Five Bean & Halloumi Stew

Rice, Taco & Sour Cream

Rice Pudding



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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