

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**



**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**



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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**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.



**Tuesday**

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**



Chilli Con Carne

Five Bean & Halloumi Stew

Rice, Taco & Sour Cream

Rice Pudding



**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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