

AUTUMN

Week **01**

Lunch MENU

School

Helen Allison School



MONDAY

Tomato Pasta
Garlic Bread & Sweetcorn

Jacket Potato with Tuna Mayo

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Tuesday

Steak Pie

Vegan Vegetable Pie

Mash Potato, Cabbage & Green Beans

Strawberry Angle Delight



Wednesday

Roast Turkey

Vegan Cumberland Sausage

Roast Potatoes, 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
Orange Juice

THURSDAY



Chicken Curry

Sweet potato, Spinach & Chick pea Curry

Rice & Onion Bhaji

Apple & Blackberry Crumble
with Custard



Friday

Oven Baked Fish Fingers with tar tar sauce

Jacket potato with Baked beans and Cheese

Crispy Chips, Garden Peas & Baked Beans

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



NOTES



Salad Bar

Mixed Leaf
Tomato
Cucumber
Mixed Pepper
Beetroot

Fresh Fruit

Pineapple, Red
Grapes, Water
melon, &
Sultanas



We are award winners!

Autumn

Week **02**

Lunch MENU

School

Helen Allison School



MONDAY

Flatbread Pizza

Jacket Potato with cheese & Beans

Sauté Potato & Sweetcorn

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Tuesday

Beef Lasagne

One Pot Vegetable Pasta

Garlic Bread & Coleslaw

Jam Sponge & Custard



Wednesday

Cumberland Sausage

Slow Cooked Ratatouille

Roast Potato, Carrots & Broccoli

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Everyday

Breakfast List

Toast, Jam or Marmite
Cornflakes, Bran flakes
or Rice Crispies

Apple Juice

Orange Juice

THURSDAY



Sweet Chilli Chicken

5 Bean Chilli

Rice & Vegetable Stir Fry

Chocolate Chip Muffin



Friday

Oven Baked Cod Fillet in Batter with Tar Tar Sauce

Jacket potato with Baked Beans & cheese

Crispy Chips, Garden Peas & Baked Beans.

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



NOTES



Salad Bar
Mixed Leaf
Tomato
Cucumber
Mixed Pepper
Beetroot

Fresh Fruit
Pineapple, Red
Grapes, Water
melon & Sultanas



We are award winners!

AUTUMN

Week **03**

Lunch MENU

School

Helen Allison School



MONDAY

Macaroni Cheese

Jacket Potato With Cheese & Coleslaw

Baguette & Sweetcorn

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Tuesday

Shepherd's Pie

Vegan Shepperd's Pie

Peas & Carrots

Iced Sponge with Sprinkles



Wednesday

Roast Beef with Yorkshire pudding

Vegetable Wellington

Roast potatoes, Cauliflower & Broccoli Cheese

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Everyday

Breakfast List

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

THURSDAY



Chicken Gyro

Roasted Vegetable Gyro

Rice, Pitta Bread & Tzakiki Sauce

Chocolate Brownie with Chocolate Sauce



Friday

Jumbo Fish Finger with Tar Tar Sauce

Jacket potato with Baked beans and cheese

Crispy Chips, Garden Peas & Baked Beans.

Selection of Cut & Whole Fruit With Yoghurt and toppings.



NOTES



Salad Bar
Mixed Leaf
Tomato
Cucumber
Mixed Pepper
Beetroot

Fresh Fruit
Pineapple, Red
Grapes, Water
melon &
Sultanas



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