

SPRING

Week **01**

Lunch MENU

School

Helen Allison School



MONDAY

Cheese & Tomato Pasta Bake

Oven Baked Potato with
Cheese & Coleslaw

Homemade Bread &
Sweetcorn

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Tuesday

Chicken fajitas served with
sour cream

Grilled Vegetable Quesadilla

Mediterranean 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**

Hotdog's in Roll

Vegan Hotdogs in a Roll

Sauté Potatoes & Baked Beans

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

Helen Allison School



MONDAY

Homemade Margarita Pizza

Oven Baked Potato with
Prawns in Marie Rose Sauce

Potato wedges & Sweetcorn

Selection of Cut & Whole Fruit
with Yoghurt & Toppings.



Tuesday

Thai Chicken Curry

Vegetarian Thai Green Curry

Rice & Prawn Cracker

Fruit Smoothie



Wednesday

Roast Gammon

Quorn Roast

Roast Potatoes , Broccoli &
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 **Th**

Spaghetti Bolognaise

Quorn Bolognaise

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

School

Helen Allison School



MONDAY

Spaghetti with Red Pesto
Sauce & Grated Cheese

Oven Baked Potato with Sour
Cream & Chives or Grated
Cheese

Homemade Bread & Sweetcorn

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Tuesday

Chicken Pie in Gravy

Mushroom & Leek Pie

New Potatoes , Green Beans &
Cabbage

Iced Sponge



Wednesday

Cumberland Sausage

Vegan Squash Stew

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**

Cheese Burger

Vegan Buttermilk style Burger

Potato Wedges & Coleslaw

Apple Crumble & Cream



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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