

# Samuel Allsopp School –Spring Menu 2025

Week 1 Week starting:06/01/25, 27/01/25,		Week 2 Week starting: 13/01/25, 03/02/25,	Week 3 Week starting: 20/01/25, 10/02/25
MONDAY	<b>Cottage Pie with Vegetables &amp; rustic Bread</b> Cheese & Onion Roll with a Side of Smoked Paprika Wedges, Beans or Peas & Carrots Lite Lunch: Jacket Potato with a selection of Fillings	<b>Fish Cake &amp; Mash Potato, Peas or Beans</b> Cauliflower & Broccoli Bake, Vegetables & Rustic Bread Lite Lunch: Jacket Potato with a choice of Fillings	<b>Meatball Pasta with Vegetables &amp; Rustic Bread</b> Vegetable Quiche, rice salad, and Vegetables Lite Lunch: Jacket Potato with a selection of Fillings
	Dessert: Ginger Biscuit	Dessert: Cooks Shortbread	Dessert: Oatie Biscuit
TUESDAY	<b>Spicy Meatball Pizza with Mini Waffles, Beans or Sweetcorn &amp; Broccoli</b> Cheese Pizza with Beans or Sweetcorn & Broccoli Lite lunch: Mac & Cheese, Garlic Bread with Sweetcorn & Broccoli	<b>Keema on a Mini Naan Bread with a side of 50/50 Rice &amp; Sweetcorn</b> Rich Tomato, Lentil & Herb pasta with Sweetcorn & Garlic Bread Lite Lunch: Cheese & Beans on Toast	<b>Fish stars, Mash Potato, Beans or Peas</b> Quorn Sausage, Mash Potato, Beans or Peas Lite Lunch: Mac & Cheese, Crusty Bread & Vegetables
	Dessert: Marble Sponge Cake	Dessert: Cornflake Cake	Dessert: Oatie Biscuit
WEDNESDAY	<b>Chicken Korma with Rice, Naan Bread, Peas &amp; Carrots</b> BBQ Quorn Topped Fillet with Rice, Peas & Carrots Lite Lunch: Cheese & Bean Wrap with a side of Rice & Vegetables	<b>Roast Chicken Dinner with New Potatoes, Broccoli, Carrots &amp; Stuffing</b> Quorn Fillet with new Potatoes, Stuffing, Broccoli & Carrots Lite Lunch: Jacket Potato with a choice of Fillings	<b>Chicken &amp; Sweetcorn Pie with mash potato, Vegetables &amp; Gravy</b> Vegetable Pizza, Garlic & Herb Wedges, Beans or Vegetables Lite Lunch: Cheese Toastie with Garlic & Herb Wedges, Vegetables
	Dessert: Mousse or Fruit Pie	Dessert: Mousse or Fruit Crumble	Dessert: Mousse or Fruit & Yoghurt Sundae
THURSDAY	<b>Fish Finger, Mash, Beans or Sweetcorn</b> Vegetable Ravioli with a side of thick cut Toast Lite Lunch: Jacket Potato with a selection of Fillings	<b>Shawarma style Chicken on an open wrap with a side of Onion Rings &amp; Mixed Vegetables</b> Creamy Sweetcorn Pasta, Bread & Mixed Vegetables Lite Lunch: Cheese & Ham Panini, Onion Rings, Beans or Mixed Vegetables	<b>Lasagne, Garlic Bread with Broccoli &amp; Sweetcorn</b> Quorn Breakfast with a Side of Toast on Beans Lite Lunch: Jacket Potato with a choice of fillings
	Desserts: Fruit Muffin	Dessert: Spring Fruit Tray Bake	Dessert: Doughnuts
FRIDAY	<b>Beef Burger in a Bun</b> Veggie Burger Lite Lunch: Pinwheels All served with Fries, Beans or Peas	<b>Sausage &amp; Chips</b> Quorn Nuggets Lite Lunch: Chip Bap All served with Chips, Beans Curry or Peas	<b>Southern style Chicken wraps</b> Pizza style Quorn Chicken Lite Lunch: Scrambled Eggs on Toast All served with Chips, Beans or Peas
	Desserts: Ice cream or Fruit Salad	Dessert: Ice Cream or Fruit Salad	Desserts: Ice Cream or Fruit Salad

Salad and Bread Basket Available Daily