

AUTUMN MENU

Week 1: 3rd November, 24th November, 15th December



Samuel Allsopp
Primary & Nursery School

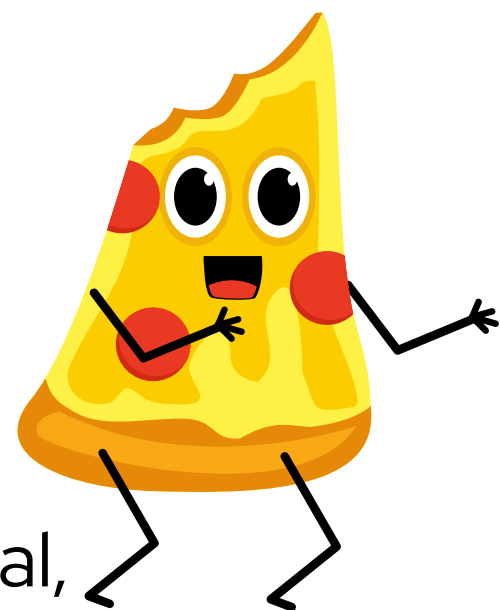
MON

H - Pizza with Assorted Topping and Peas

V - Cheese and Vegetable Potato Pie with Peas

LL - Jacket Potato and Filling

Homemade Biscuit



TUES

H - Burger in a Bun with Potato Wedges, Sweetcorn or Beans

V - Plant Based Sausage Roll with Potato Wedges, Sweetcorn or Beans

LL - Wholemeal Tomato Pasta

Iced Lemon Sponge

WED

H - Roast Chicken Dinner with Mashed Potato and Fresh Vegetables

V - Quorn Fillet with Mashed Potatoes and Fresh Vegetables

LL - Jacket Potato and Filling

Fruit Crumble with Custard



THUR

H - Spaghetti Bolognese

V - Cheese and Bean Wrap

LL - Beans on Toast

Chocolate Muffin

FRI

V - Crispy Fish Stars with Chips & Peas, Baked Beans or Curry Sauce

V - Veggie Fingers with Chips & Peas, Baked Beans or Curry Sauce

LL - Chip Bap with Curry Sauce or Baked Beans

Ice Cream & Fruity Jelly



Key: H - Halal,
V - Vegetarian,
LL - Light Lunch

AUTUMN MENU

Week 2: 10th November, 1st December



Samuel Allsopp
Primary & Nursery School

MON

H - Cheesy Chicken
Pasta Bake with
Rustic Bread

V - Cheese and
Tomato Pizza with
Herby Diced Potatoes

LL - Jacket
Potato and Filling

Homemade Cookie



TUES

H - Spicy Beef
Meatballs with
Pasta

V - Quorn Nuggets
with Garlic and Herb
Pasta and Broccoli or
Beans

LL - Cheese
Toastie

Jelly with Fruit

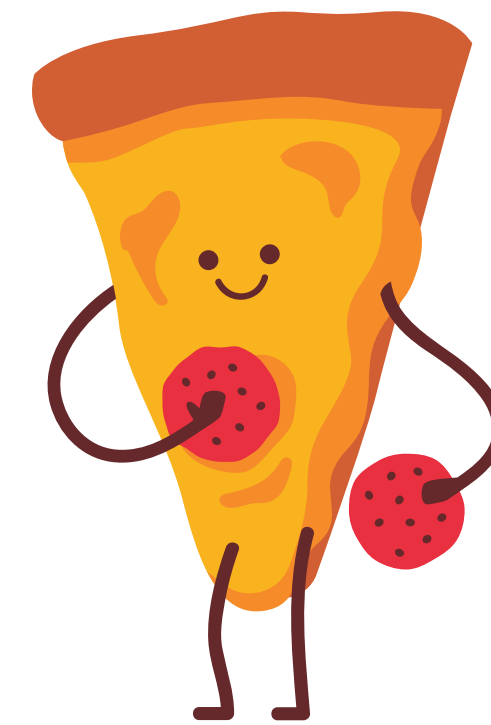
WED

H - Roast Chicken
with Mashed Potato
& Fresh Vegetables

V - Quorn Sausages
with Mashed Potatoes
& Fresh Vegetable

LL - Jacket
Potato and Filling

Traybake



THUR

H - Chicken Sausage
with Mash, Mixed
Vegetables and Gravy

V - Cheese and Potato
Pie with Mixed
Vegetable or Spaghetti
Hoops

LL - Spaghetti Hoops
on Toast

Fruit Sponge & Custard

FRI

Fish Fillet with Chips,
Peas, Baked Beans

V - Veggie Fingers
with Chips, Baked
Beans or Peas

LL - Chip Bap with
Baked Beans or Peas

Ice Cream



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AUTUMN MENU

Week 3: 17th November, 8th December



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Primary & Nursery School

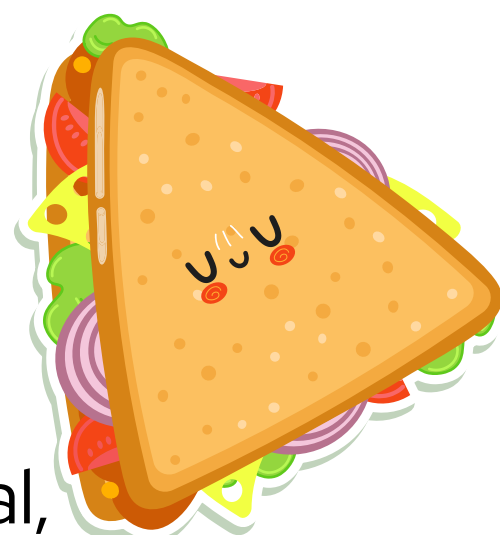
MON

H - Pizza with
Mashed Potatoes,
Baked Beans & Veg

V - Quorn & Lentil
Tikka with Wholegrain
Rice & Flatbread

LL - Jacket
Potato and Filling

Traybake



TUES

H - Bolognese with
Pasta and Rustic
Bread

V - Wholemeal Creamy
Pasta with Rustic Bread

LL - Cheese &
Onion Lattice
Finger

Iced Sponge



WED

H - Roast Turkey with
Mini Yorkies, Roasties,
Veg and Gravy

V - Quorn Roast with
Mini Yorkies, Roasties,
Veg and Gravy

LL - Jacket
Potato and Filling

Apple Crumble &
Custard



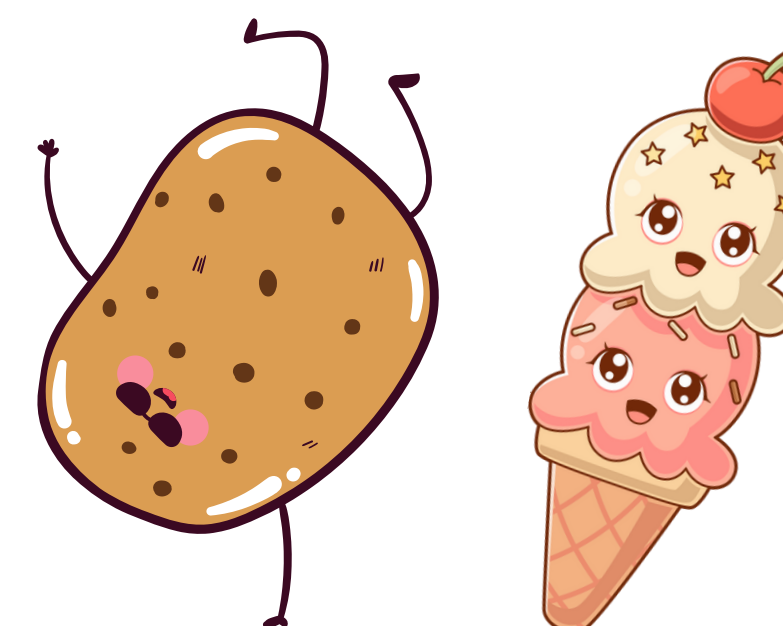
THUR

H - All Day Breakfast,
with Hash Brown and
Beans

V - Veggie All Day
Breakfast with Hash
Browns and Beans

LL - Cheese on
Toast

Baked Doughnuts



FRI

V - Fish Cake with
Chips & Peas,
Baked Beans

V - Cheese Pinwheels
with Chips and Peas,
Baked Beans

LL - Chip Bap with
Baked Beans or Peas

Ice Cream & Fruit Jelly

Key: H - Halal,
V - Vegetarian,
LL - Light Lunch