

# AUTUMN MENU

**Week 1:** 1<sup>st</sup> September, 22<sup>nd</sup> September, 13<sup>th</sup> October,  
3<sup>rd</sup> November, 24<sup>th</sup> November, 15<sup>th</sup> 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



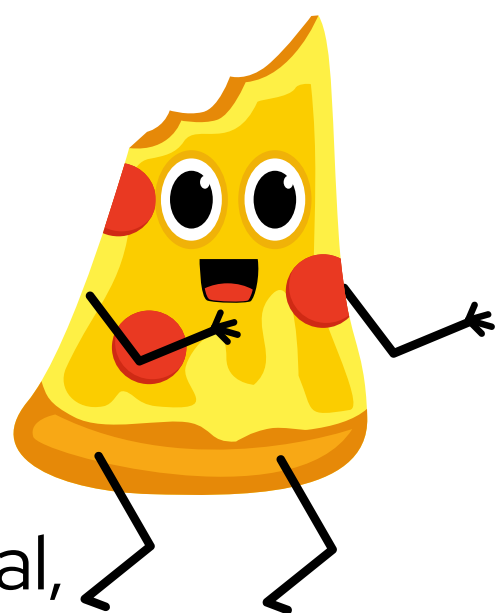
**TUES**

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



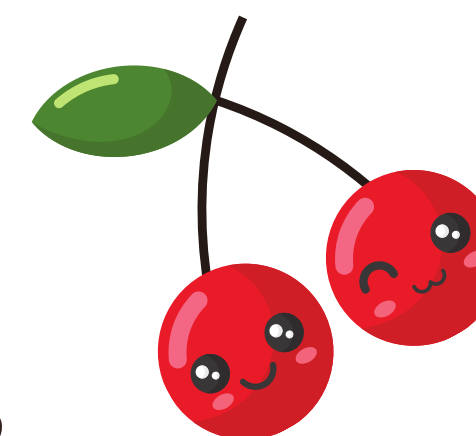
**THUR**

H - Spaghetti Bolognese

V - Quorn Wrap with Savoury Rice

LL - Beans on Toast

Chocolate Muffin



**FRI**

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

V - Cheese and Tomato Pizza

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:** 8<sup>th</sup> September, 29<sup>th</sup> September, 20<sup>th</sup> October, 10<sup>th</sup> November, 1<sup>st</sup> 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



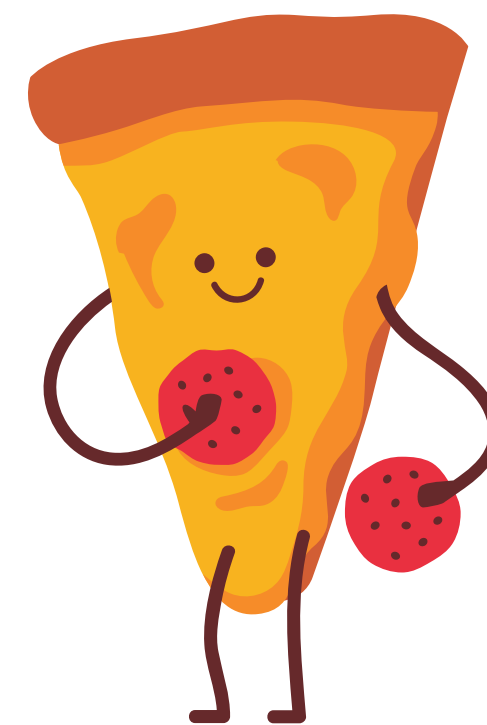
WED

H - Korma Curry with  
Steamed Rice and  
Naan

V - Chickpea &  
Spinach Curry with  
Rice and Naan

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



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

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



# AUTUMN MENU

**Week 3:** 15<sup>th</sup> September, 6<sup>th</sup> October, 27<sup>th</sup> October,  
17<sup>th</sup> November, 8<sup>th</sup> December



**Samuel Allsopp**  
Primary & Nursery School

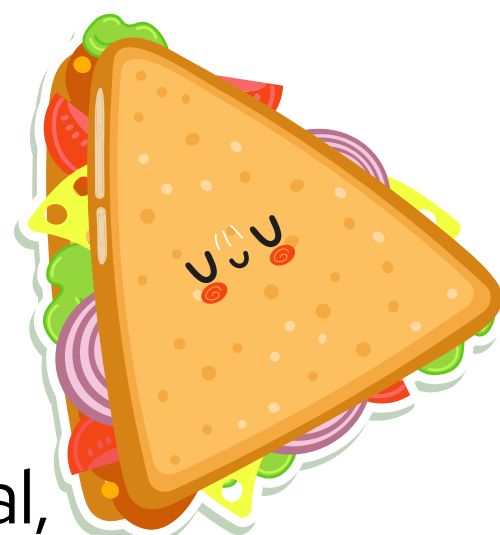
**MON**

H - Chicken Tikka  
with Wholegrain Rice  
& Flatbread

V - Quorn & Lentil  
Tikka with Wholegrain  
Rice & Flatbread

LL - Jacket  
Potato and Filling

Traybake



**TUES**

H - Bolognese with  
Pasta and Rustic  
Bread

V - Wholemeal Tomato  
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

Baked Doughnuts



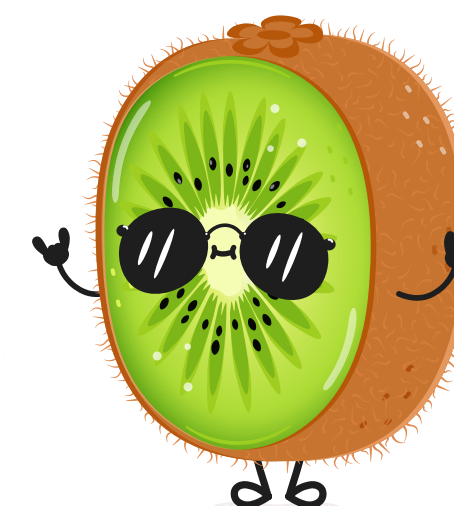
**THUR**

H - All Day Breakfast,  
with Hash Brown and  
Beans

V - Veggie All Day  
Breakfast with Hash  
Browns and Beans

LL - Cheese on  
Toast

Apple Crumble &  
Custard



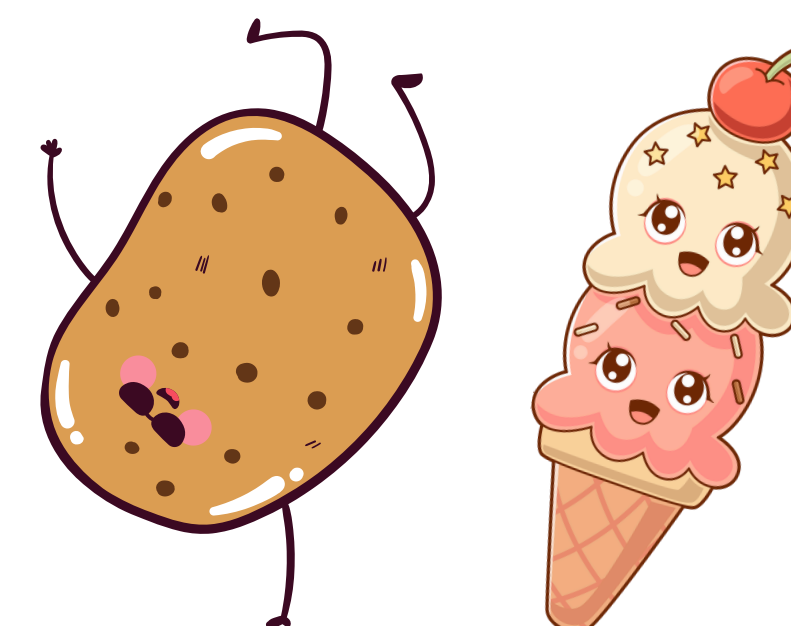
**FRI**

V - Fish Cake with  
Chips & Peas,  
Baked Beans

V - Cheese and  
Tomato Pizza with  
Chips and Peas

LL - Chip Bap with  
Baked Beans or Peas

Ice Cream & Fruit Jelly



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