

AUTUMN MENU

Week 1: 5th January, 26th January



Samuel Allsopp
Primary & Nursery School

MON

H - Pizza with
Assorted Topping
Mash and Peas

V - Mac & Cheese
with Rustic Garlic
Bread

LL - Beans on Toast

Homemade Biscuit



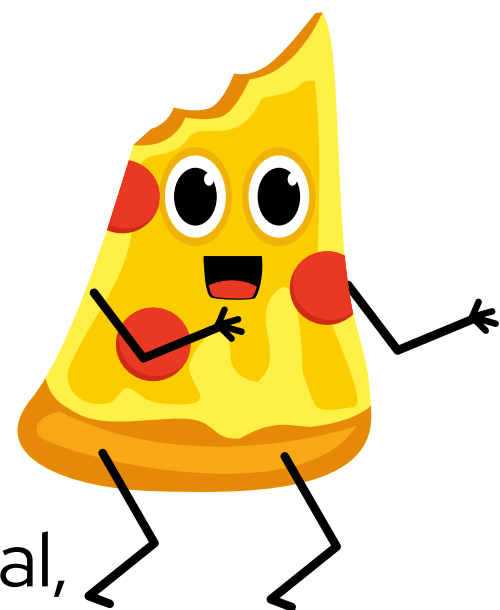
TUES

H - Hot Dog with
Potato Wedges,
Sweetcorn or Beans

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

LL - Jacket Potato
with Filling

Iced Lemon Sponge



WED

H - Roast Chicken
Dinner with Mashed
Potato and Fresh
Vegetables

V - Quorn Fillet with
Mashed Potatoes and
Fresh Vegetables

LL - Wholemeal
Tomato Pasta

Muffin of the Day



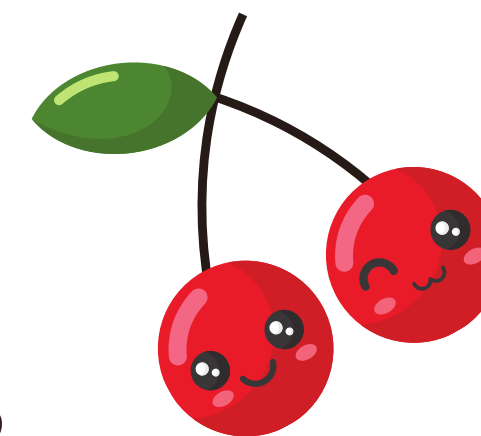
THUR

H - Chilli & Rice

V - Cauliflower &
Broccoli Bake

LL - Jacket Potato
with Filling

Oatie Biscuit



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: 12th January, 2nd February



Samuel Allsopp
Primary & Nursery School

MON

H - Spanish Chicken
with Rice and Veg

V - Cheese and
Tomato Pizza with
Herby Diced Potatoes

LL - Cheese
Toastie

Homemade Cookie



TUES

H - Sweet & Sour
Chicken & Rice

V - Samosa and
Bombay Potatoes

LL - Jacket Potato
with Filling

Jelly with Fruit

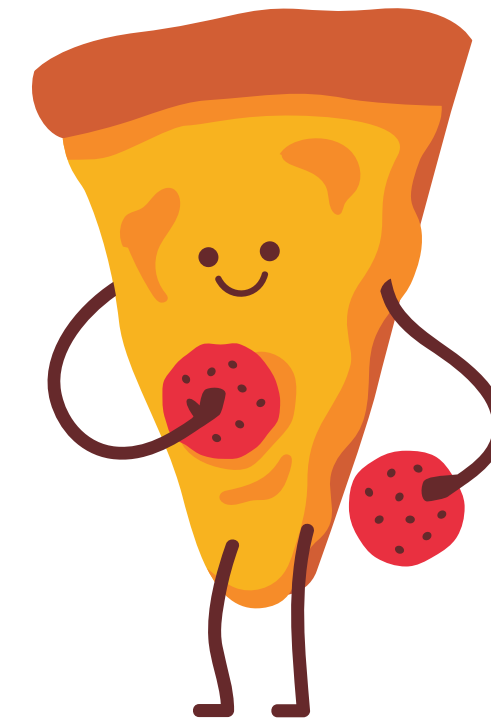
WED

H - Roast Chicken
with Mashed Potato
& Fresh Vegetables

V - Quorn Sausages
with Mashed Potatoes
& Fresh Vegetable

LL - Ravioli on
Toast

Rice Pudding with Jam



THUR

H - Chicken Tandoori
Flatbread with Rice

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

LL - Jacket Potato
with Filling

Fruit Sponge & Custard

FRI

Fish Fillet with Chips,
Peas, Baked Beans or
Curry Sauce

V - Quorn Nuggets with
Chips, Baked Beans,
Curry Sauce or Peas

LL - Chip Bap with
Baked Beans, Curry
Sauce or Peas

Ice Cream



Key: H - Halal,
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LL - Light Lunch

AUTUMN MENU

Week 3: 19th January, 9th February



Samuel Allsopp
Primary & Nursery School

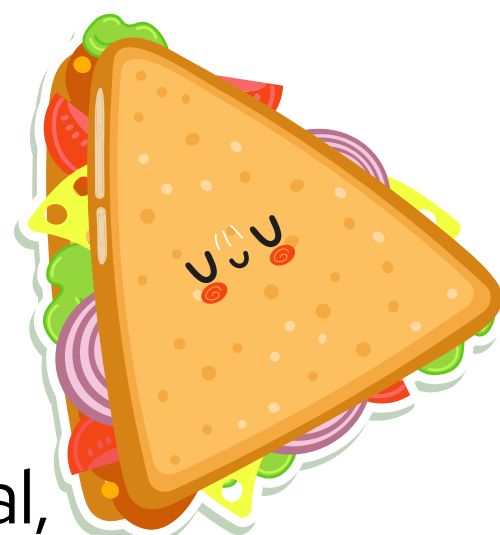
MON

H - Pizza with
Mashed Potatoes,
Baked Beans & Veg

V - Quorn Burger with
Mash

LL - Cheese & Onion
Roll with Mash

Sweet Pancakes



TUES

H - Chinese Chicken
Curry with Rice

V - Wholemeal Creamy
Tomato Pasta with
Rustic Bread

LL - Jacket Potato
and Filling

Traybake



WED

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

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

LL - Cheese on
Toast

Apple Crumble &
Custard



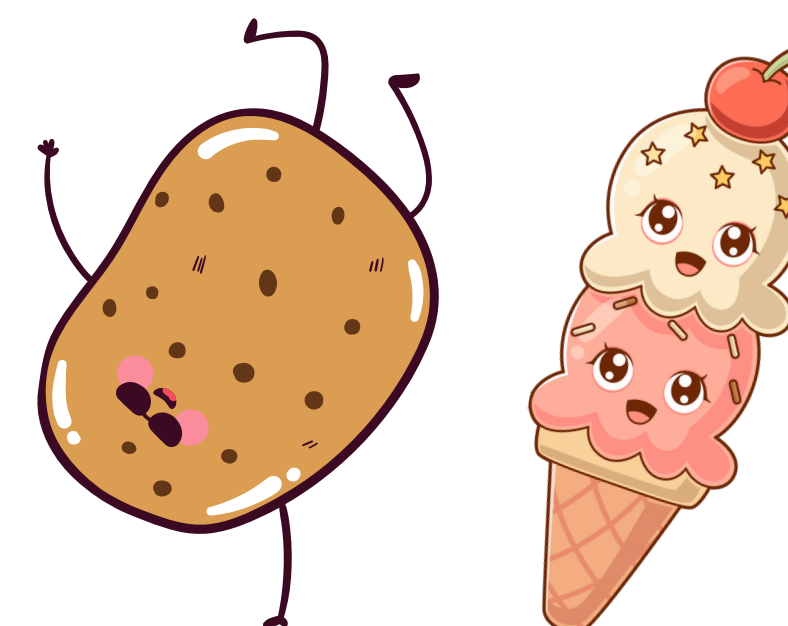
THUR

H - Spaghetti
Bolognese with Garlic
Bread

V - Vegetable
Quiche with Garlic &
Herb Pasta

LL - Jacket Potato
with Filling

Baked Doughnuts



FRI

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

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