

SPRING MENU

Week 1: 5th January, 26th January



Samuel Allsopp
Primary & Nursery School

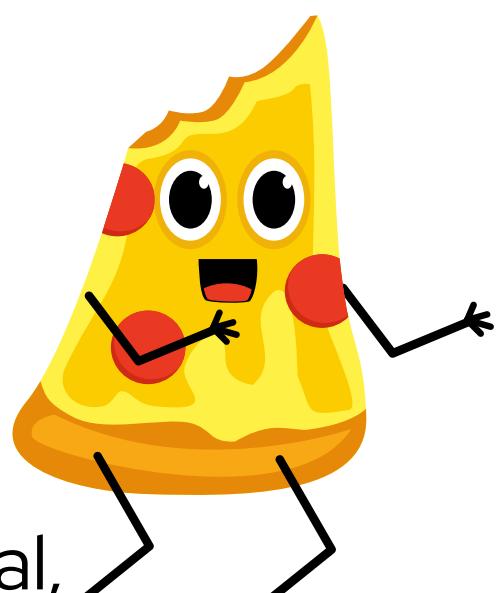
MON

H - Pizza with Assorted Topping
Mash and Peas

V - Mac & Cheese with Rustic Garlic Bread

LL - Beans on Toast

Homemade Biscuit



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

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



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



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



SPRING MENU

Week 2: 12th January, 2nd February



Samuel Allsopp
Primary & Nursery School

MON

H - Spanish Chicken
with Rice and Veg



WED

H - Roast Chicken
with Mashed Potato
& Fresh Vegetables



FRI

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

TUES

V - Quorn Sausages
with Mashed Potatoes
& Fresh Vegetable

THUR

H - Chicken Tandoori
Flatbread with Rice

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

LL - Cheese
Toastie

Homemade Cookie



H - Sweet & Sour
Chicken & Rice

LL - Ravioli on
Toast

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

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

V - Samosa and
Bombay Potatoes



LL - Jacket Potato
with Filling

Rice Pudding with Jam



LL - Jacket Potato
with Filling



Jelly with Fruit

Fruit Sponge & Custard

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SPRING MENU

Week 3: 19th January, 9th February



Samuel Allsopp
Primary & Nursery School

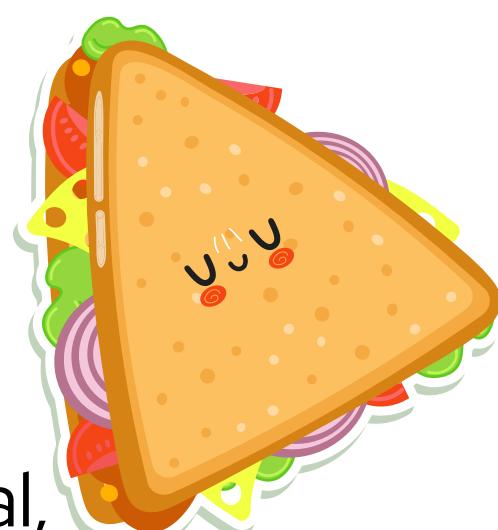
MON

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

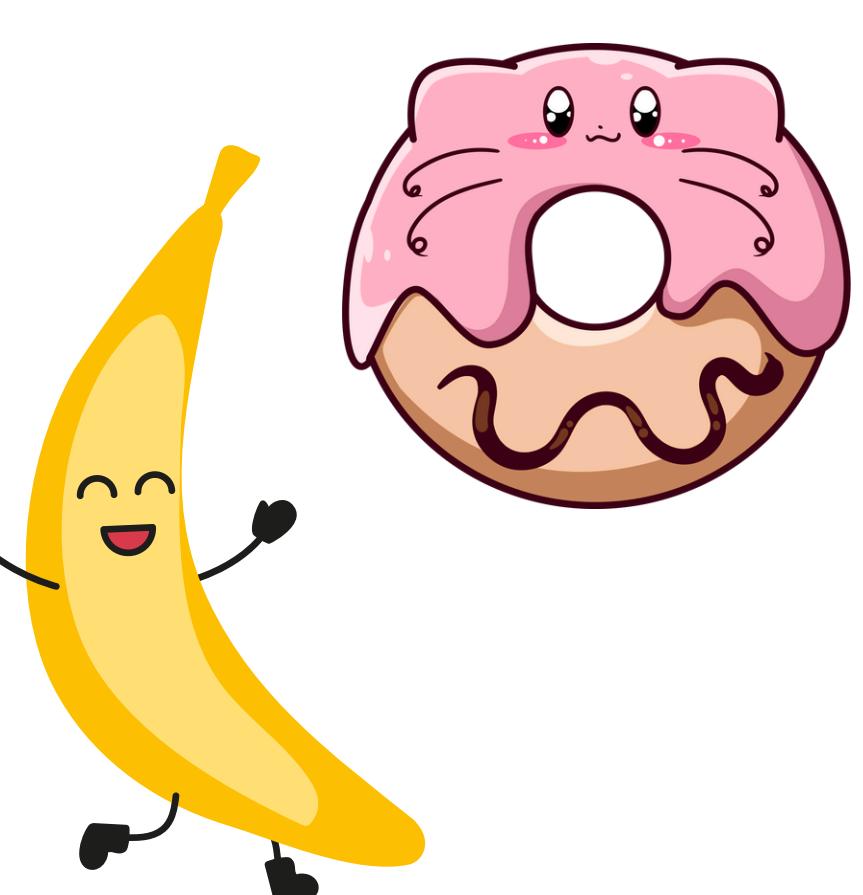


H - Roast Chicken with
Mini Yorkies, Roasties,
Veg and Gravy

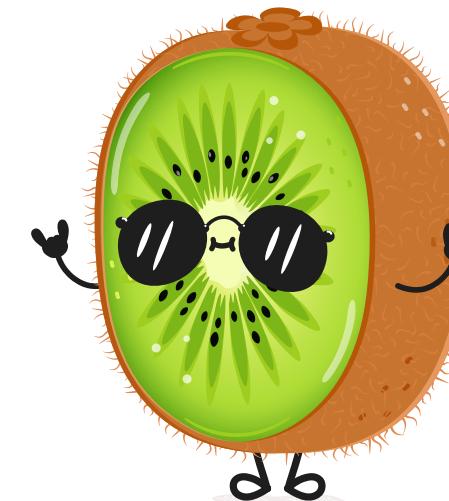
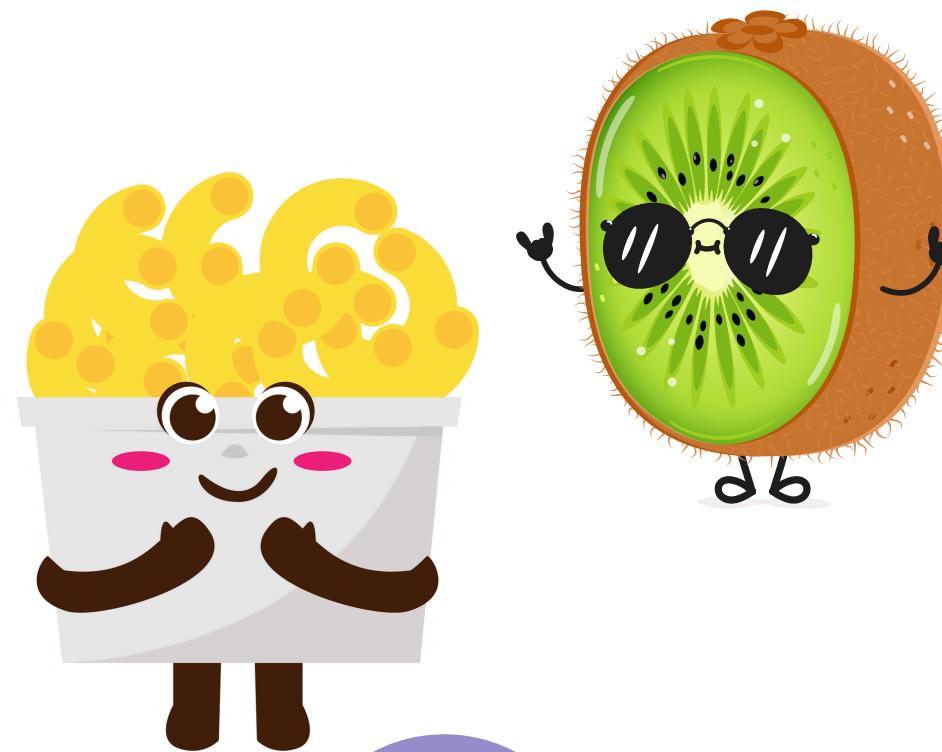
V - Quorn Roast with
Mini Yorkies, Roasties,
Veg and Gravy

LL - Cheese on
Toast

Apple Crumble &
Custard



WEB



THUR

H - Spaghetti
Bolognese with Garlic
Bread

V - Vegetable
Quiche with Garlic &
Herb Pasta

LL - Jacket Potato
with Filling

Baked Doughnuts

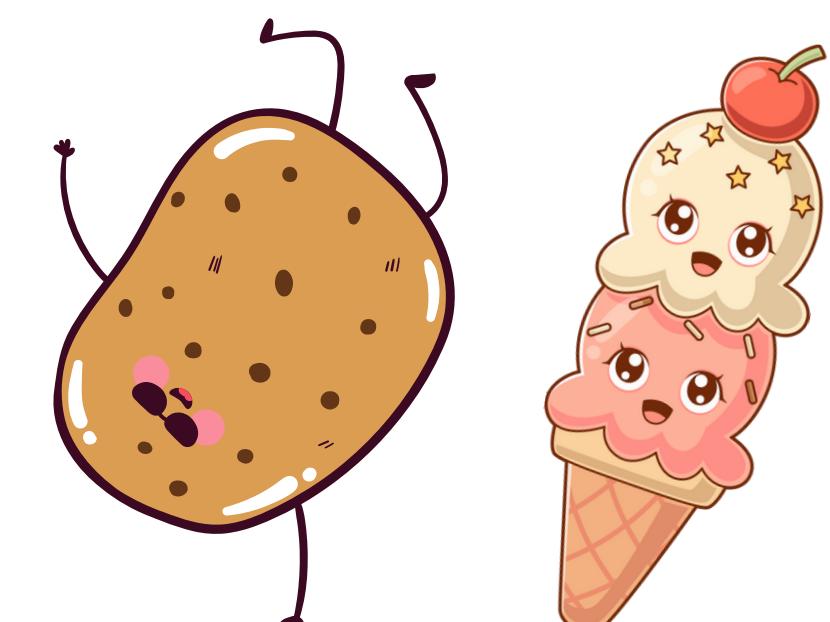
FRI

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



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