

AUTUMN

Week
03

Lunch MENU

School

Helen Allison School



MONDAY

Macaroni Cheese

Jacket Potato With
Tuna/Grated Cheese

Baguette & Sweetcorn

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Tuesday

Chicken Burger

Vegan Buttermilk Burger

Sauté Potatoes & Coleslaw

Iced Sponge with sprinkles



Wednesday

Roast Beef with Yorkshire
pudding

Vegan Cumberland Sausage

Roast potatoes, Broccoli & Baby
Carrots

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Everyday

Breakfast List

Toast, Jam or Marmite
Cornflakes, Bran flakes or
Rice Crispies
Apple Juice
Orange Juice

THURSDAY **Th**

Meatballs with spaghetti

Vegan Bolognaise

Garlic Bread & Grated Cheese

Chocolate Brownie with
Chocolate Sauce

Friday

Jumbo Fish Finger with Tar Tar
Sauce

Jacket potato with Baked beans
and cheese

Crispy Chips, Garden Peas &
Baked Beans.

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



NOTES

Salad Bar
Mixed Leaf
Tomato
Cucumber
Mixed Pepper
Beetroot

Fresh Fruit
Pineapple, Red
Grapes, Water
melon &

Sultanas



We are award winners!

Autumn

Week **02**

Lunch MENU

School

Helen Allison School



MONDAY

Cheese & Tomato Flatbread
Pizza

Jacket Potato with cheese &
Beans

Sauté Potato & Sweetcorn

Selection of Cut & Whole Fruit
with Yoghurt & Toppings.



Tuesday

Beef Lasagne

Vegetable Lasagne

Garlic Bread & Coleslaw

Jam Sponge & Custard



Wednesday

Sausage Plait

Mushroom & Brie Wellington

Roast Potato, Carrots & Broccoli

Selection of Cut & Whole Fruit
with Yoghurt & Toppings.



Everyday

Breakfast List

Toast, Jam or Marmite
Cornflakes, Bran flakes
or Rice Crispies

Apple Juice

Orange Juice

THURSDAY



Sweet Chilli Chicken

5 Bean Chilli

Rice & Vegetable Stir Fry

Banana & Chocolate Chip
Muffin



Oven Baked Cod Fillet in Batter
with Tar Tar Sauce

Jacket potato with Baked Beans
& cheese

Crispy Chips, Garden Peas &
Baked Beans.

Selection of Cut & Whole Fruit
with Yoghurt & Toppings.



NOTES



Salad Bar

Mixed Leaf

Tomato

Cucumber

Mixed Pepper

Beetroot

Fresh Fruit

Pineapple, Red

Grapes, Water

melon & Sultanas



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AUTUMN

Week **01**

Lunch MENU

School

Helen Allison School



MONDAY

Tomato Pasta

Garlic Bread & Sweetcorn

Jacket Potato with Cheese &
Bacon

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Tuesday

Steak Pie

Vegan Vegetable Pie

Mash Potato, Cabbage & Green
Beans

Lemon Drizzle Cake



Wednesday

Roast Turkey with Honey
Roasted Parsnips

Quorn Roast

Roast Potatoes, Carrots &
Broccoli

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



Everyday

Breakfast List

Toast, Jam or Marmite
Cornflakes, Bran flakes or
Rice Crispies
Apple Juice
Orange Juice

THURSDAY **Th**

Chicken Curry

Sweet potato, Spinach &
Chickpea Curry

Rice & Onion Bhaji

Apple Crumble with Custard



Friday

Oven Baked Fish Fingers with
tar tar sauce

Jacket potato with Baked beans
and Cheese

Crispy Chips, Garden Peas &
Baked Beans

Selection of Cut & Whole Fruit
With Yoghurt and toppings.



NOTES



Salad Bar

Mixed Leaf
Tomato
Cucumber
Mixed Pepper
Beetroot

Fresh Fruit

Pineapple, Red
Grapes, Water
melon, &
Sultanas



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