AUTUMN

103

Lunch



Helen Allison School



Macaroni Cheese

Jacket Potato With Tuna/Grated Cheese

Baguette & Sweetcorn

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Chicken Burger

Vegan Buttermilk Burger

Sauté Potatoes & Coleslaw

Iced Sponge with sprinkles



Roast Beef with Yorkshire pudding

Vegan Cumberland Sausage

Roast potatoes, Broccoll & Baby Carrots

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Breakfast List

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



Meatballs with spaghetti

Vegan Bolognaise

Garlic Bread & Grated Cheese

Chocolate Brownie with Chocolate Sauce

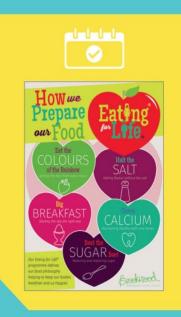


Jumbo Fish Finger with Tar Tar Sauce

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

№02

Lunch





Cheese & Tomato Flatbread
Pizza

Jacket Potato with cheese & Beans

Sauté Potato & Sweetcorn

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Beef Lasagne

Vegetable Lasagne

Garlic Bread & Coleslaw

Jam Sponge & Custard



Sausage Plait

Mushroom & Brie Wellington

Roast Potato, Carrots & Broccoli

Selection of Cut & Whole Fruit with Yoghurt & Toppings.



Breakfast List

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

Apple Juice Orange Juice



Sweet Chilli Chicken

5 Bean Chilli

Rice & Vegetable 5thr Fry

Banana & Chocolate Chip Muffin

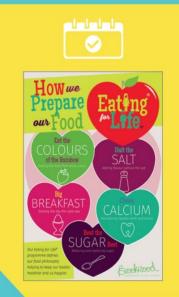


Oven Baked Cod Fillet in Batter with Tar Tar Sauce

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



We are award winners

AUTUMN

Meek 01

Lunch



Helen Allison School



Tomato Pasta

Garlic Bread & Sweetcorn

Jacket Potato with Cheese & Bacon

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Steak Pie

Vegan Vegetable Pie

Mash Potato, Cabbage & Green Beans

Lemon Drizzle Cake



Roast Turkey with Honey Roasted Parsnips

Quorn Roast

Roast Potatoes, Carrots & Broccoli

Selection of Cut & Whole Fruit With Yoghurt and toppings.



Breakfast List

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



Chicken Curry

Sweet potato, Spinach & Chickpea Curry

Rice & Onion Bhaji

Apple Crumble with Custard

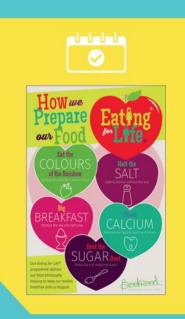


Oven Baked Fish Fingers with tar tar sauce

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



We are award winners