

Samuel Allsopp School –Spring Menu 2025

| | | Week 1 Week starting:06/01/25, 27/01/25, | Week 2 Week starting: 13/01/25, 03/02/25, | Week 3 Week starting: 20/01/25, 10/02/25 |
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| MONDAY | <p>Cottage Pie with Vegetables & rustic Bread Cheese & Onion Roll with a Side of Smoked Paprika Wedges, Beans or Peas & Carrots Lite Lunch: Jacket Potato with a selection of Fillings</p> | <p>Fish Cake & Mash Potato, Peas or Beans Cauliflower & Broccoli Bake, Vegetables & Rustic Bread Lite Lunch: Jacket Potato with a choice of Fillings</p> | <p>Meatball Pasta with Vegetables & Rustic Bread Vegetable Quiche, rice salad, and Vegetables Lite Lunch: Jacket Potato with a selection of Fillings</p> | |
| | <i>Dessert:</i> Ginger Biscuit | <i>Dessert:</i> Cooks Shortbread | <i>Dessert:</i> Oatie Biscuit | |
| TUESDAY | <p>Spicy Meatball Pizza with Mini Waffles, Beans or Sweetcorn & Broccoli Cheese Pizza with Beans or Sweetcorn & Broccoli Lite Lunch: Mac & Cheese, Garlic Bread with Sweetcorn & Broccoli</p> | <p>Keema on a Mini Naan Bread with a side of 50/50 Rice & Sweetcorn Rich Tomato, Lentil & Herb pasta with Sweetcorn & Garlic Bread Lite Lunch: Cheese & Beans on Toast</p> | <p>Fish stars, Mash Potato, Beans or Peas Quorn Sausage, Mash Potato, Beans or Peas Lite Lunch: Mac & Cheese, Crusty Bread & Vegetables</p> | |
| | <i>Dessert:</i> Marble Sponge Cake | <i>Dessert:</i> Cornflake Cake | <i>Dessert:</i> Oatie Biscuit | |
| WEDNESDAY | <p>Chicken Korma with Rice, Naan Bread, Peas & Carrots BBQ Quorn Topped Fillet with Rice, Peas & Carrots Lite Lunch: Cheese & Bean Wrap with a side of Rice & Vegetables</p> | <p>Roast Chicken Dinner with New Potatoes, Broccoli, Carrots & Stuffing Quorn Fillet with new Potatoes, Stuffing, Broccoli & Carrots Lite Lunch: Jacket Potato with a choice of Fillings</p> | <p>Chicken & Sweetcorn Pie with mash potato, Vegetables & Gravy Vegetable Pizza, Garlic & Herb Wedges, Beans or Vegetables Lite Lunch: Cheese Toastie with Garlic & Herb Wedges, Vegetables</p> | |
| | <i>Dessert:</i> Mousse or Fruit Pie | <i>Dessert:</i> Mousse or Fruit Crumble | <i>Dessert:</i> Mousse or Fruit & Yoghurt Sundae | |
| THURSDAY | <p>Fish Finger, Mash, Beans or Sweetcorn Vegetable Ravioli with a side of thick cut Toast Lite Lunch: Jacket Potato with a selection of Fillings</p> | <p>Shawarma style Chicken on an open wrap with a side of Onion Rings & Mixed Vegetables Creamy Sweetcorn Pasta, Bread & Mixed Vegetables Lite Lunch: Cheese & Ham Panini, Onion Rings, Beans or Mixed Vegetables</p> | <p>Lasagne, Garlic Bread with Broccoli & Sweetcorn Quorn Breakfast with a Side of Toast on Beans Lite Lunch: Jacket Potato with a choice of fillings</p> | |
| | <i>Desserts:</i> Fruit Muffin | <i>Dessert:</i> Spring Fruit Tray Bake | <i>Dessert:</i> Doughnuts | |
| FRIDAY | <p>Beef Burger in a Bun Veggie Burger Lite Lunch: Pinwheels All served with Fries, Beans or Peas</p> | <p>Sausage & Chips Quorn Nuggets Lite Lunch: Chip Bap All served with Chips, Beans Curry or Peas</p> | <p>Southern style Chicken wraps Pizza style Quorn Chicken Lite Lunch: Scrambled Eggs on Toast All served with Chips, Beans or Peas</p> | |
| | <i>Desserts:</i> Ice cream or Fruit Salad | <i>Dessert:</i> Ice Cream or Fruit Salad | <i>Desserts:</i> Ice Cream or Fruit Salad | |

Salad and Bread Basket Available Daily