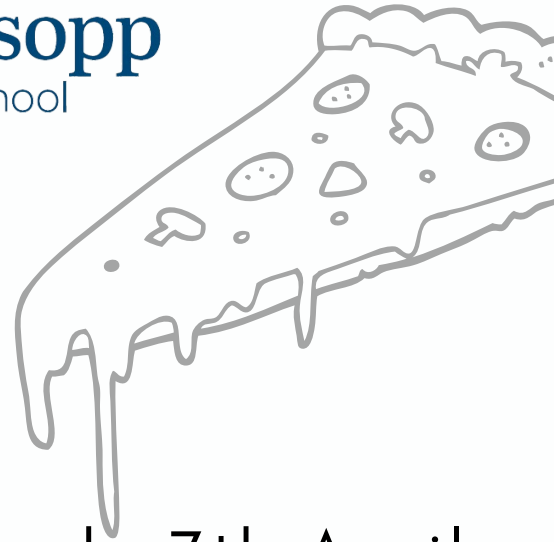




Samuel Allsopp
Primary & Nursery School

WEEKLY MENU



Week 1 – 24th Feb, 17th March, 7th April

MONDAY

**Cottage Pie with
Vegetables & rustic
Bread**

**Cheese & Onion Roll with
a Side of Smoked
Paprika Wedges, Beans
or Peas & Carrots**

**Jacket Potato with a
selection of Fillings**

TUESDAY

**Spicy Meatball Pizza
with Mini Waffles,
Beans or Sweetcorn &
Broccoli**

**Vegetable Ravioli with
a side of thick cut
Toast**

**Mac & Cheese, Garlic
Bread with Sweetcorn
& Broccoli**

WEDNESDAY

**Chicken Korma with
Rice, Naan Bread, Peas
& Carrots**

**BBQ Quorn Topped
Fillet with Rice, Peas &
Carrots**

**Cheese & Bean Wrap
with a side of Rice &
Vegetables**

THURSDAY

**Fish Finger, Mash, Beans
or Sweetcorn**

**Cheese Pizza with Diced
Potato's, Beans or
Sweetcorn**

**Jacket Potato with a
selection of Fillings**

FRIDAY

**Beef Burger in a Bun
served with Chips,
Beans, Peas or Curry**

**Veggie Burger
served with Chips,
Beans, Peas or Curry**

**Chip Bap served with
Beans, Peas or Curry**





Samuel Allsopp
Primary & Nursery School

WEEKLY MENU

Week 2 – 2nd March, 24th March

MONDAY

Fish Cake & Mash
Potato, Peas or Beans
Cauliflower & Broccoli
Bake, Vegetables &
Rustic Bread
Jacket Potato with a
choice of Fillings

TUESDAY

Keema on a Mini Naan
Bread with a side of
50/50 Rice &
Sweetcorn
Rich Tomato, Lentil &
Herb pasta with
Sweetcorn & Garlic
Bread
Cheese & Beans on
Toast

WEDNESDAY

Roast Chicken Dinner
with New Potatoes,
Broccoli, Carrots &
Stuffing
Quorn Fillet with new
Potatoes, Stuffing,
Broccoli & Carrots
Jacket Potato with a
choice of Fillings

THURSDAY

Shawarma style Chicken
with Rainbow Rice a side
of Onion Rings & Mixed
Vegetables
Creamy Sweetcorn Pasta,
Bread & Mixed
Vegetables
Cheese Panini, Onion
Rings, Beans or Mixed
Vegetables

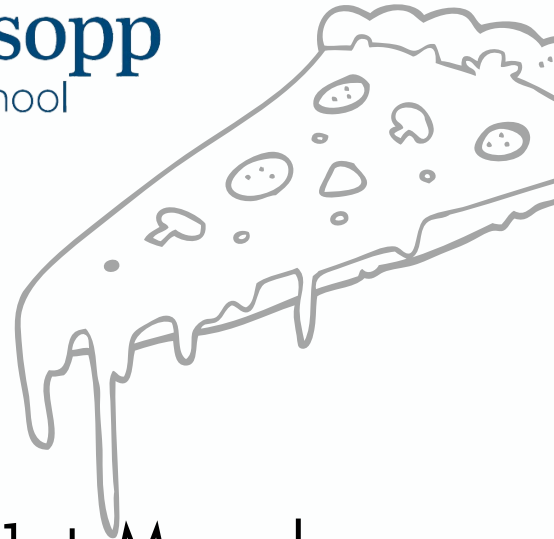
FRIDAY

Chicken Sausage &
Chips served with
Beans, Peas or Curry
Quorn Nuggets
served with Chips,
Beans, Peas or Curry
Pinwheels served
with Chips, Beans,
Peas or Curry



Samuel Allsopp
Primary & Nursery School

WEEKLY MENU



Week 3 – 10th March, 31st March

MONDAY

**Meatball Pasta with
Vegetables & Rustic
Bread**

**Vegetable Quiche, rice
salad, and Vegetables
Jacket Potato with a
selection of Fillings**

TUESDAY

**Fish stars, Mash
Potato, Beans or Peas
Quorn Sausage, Mash
Potato, Beans or Peas
Mac & Cheese, Crusty
Bread & Vegetables**

WEDNESDAY

**Chicken Pie, Rustic
Bread & Vegetables
Vegetable Pizza, Garlic
& Herb Wedges, Beans
or Vegetables
Cheese Toastie with
Garlic & Herb Wedges,
Vegetables**

THURSDAY

**Chilli con carne, with
50/50 Rice, Broccoli &
Sweetcorn**

**Quorn Breakfast with a
Side of Toast on Beans
Jacket Potato with a
choice of fillings**

FRIDAY

**Southern style
Chicken served with
Chips, Beans or Peas
Pizza style Quorn
Chicken served with
Chips. Beans or Peas
Salmon Sandwich**

