



Springfield Menu - Autumn Term

Week 1				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Roasted vegetable and tomato pasta bake (gluten)	Chilli Con Carne with rice	Butter chicken curry and rice	Margherita Pizza (dairy, gluten)	Breaded fish and chips (gluten, fish)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Green pesto pasta (gluten)	Smokey butterbeans with tomato and peppers and rice	Chickpeas, potato and spinach curry and rice	Margherita Pizza (dairy, gluten)	Veggie Tacos (gluten)
Salad Bar				
Garlic bread (dairy) Broccoli Salad	Tortilla Cheese (dairy) Salad	Naans (gluten) Cucumber and yoghurt dip (dairy) Green beans Salad	Roast new potatoes Peas Salad	Peas Salad Cheese (dairy)
Dessert				
Fruit	Oat biscuit (gluten-wheat) , Fruit	Greek yoghurt with mango puree (dairy) VG only -jelly with mango puree Fruit	Baked vanilla sponge and custard (dairy ,eggs, gluten-wheat) Fruit	Fruit VG only -jelly

- Fresh bread available every day
- VG dessert options for dairy free or vegan children only

Week 2				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato and basil spaghetti (gluten)	Roast chicken in tomato sauce	Vegetarian Lasagna (dairy)	Lamb Shawarma meatballs in tomato sauce	Breaded fish and chips (gluten)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Cauliflower mac and cheese (dairy, gluten)	Veggie sausage stew	Vegetarian Lasagna (dairy) VG - Vegan Lasagna	Chickpea falafel (gluten)	Veggie Fajitas (gluten)
Salad Bar				
Garlic bread (dairy) Broccoli Salad Cheese (dairy)	Rice Tortillas (gluten) Carrots Yoghurt dip (dairy) Salad	Garlic bread (dairy) Peas Salad	Rice Cucumber yoghurt dip (dairy) Hummus Pitta Bread Salad	Grated carrot iceberg lettuce Cheese (dairy)
Dessert				
Fruit	Carrot cake (dairy,egg, gluten- wheat) VG - jelly with fruit	Greek yoghurt (dairy) with fresh summer berries VG raspberry jelly Fruit	Chocolate sponge cake with custard (dairy,eggs, gluten,soya) Fruit VG - jelly with fruit	Fruit

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