

# Springfield Primary Halal Autumn Winter 2019 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Mac 'N' Cheese</b> <i>Pasta spirals in a tasty cheesy sauce</i>	<b>Chinese Chicken Noodles</b> A classic Chinese chicken noodle dish packed with flavour	<b>Roast Chicken with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Chicken	<b>Lamb Tortilla Pie with a Rice side **</b> Beef mince layered onto tortilla wraps, stacked, baked and topped with gooey cheese	<b>Crispy Salmon Fillet ***</b> Delicious crispy salmon fillet with chips
<b>Alternative Dish</b>	<b>Mexican Bean and Potato Wrap with a Rice side**</b> <i>Tortilla wrap stuffed with fajita seasoned beans and cubed potato in a cheesy tomato sauce</i>	<b>Cheese and Tomato Pizza ** with Potato Wedges</b> Simple but classic!	<b>Quorn Roast with Roast Potatoes and Gravy</b> Traditional vegetarian roast with Quorn	<b>Veggie Pizza Hot Dog with Potato Wedges</b> Two of the favourites combined...a veggie hot dog covered in a Pizza sauce and melted cheese	<b>Quorn Dippers</b> Tasty Quorn dippers with chips
<b>Key Stage Two</b>	<b>Mac N Cheese Pot with BBQ Baked Beans</b> Pasta spirals in a cheesy sauce topped with BBQ baked beans	<b>Mild Beef Chilli Wrap</b> A mildly spiced beef chilli tortilla wrap	<b>Roast Chicken Bap</b> Slices of delicious roast turkey in a soft bap	<b>Chinese Chicken Noodle Pot</b> Chicken noodles seasoned with Chinese five spice with red onion and peppers	
<b>Vegetables</b>	<b>Broccoli and Cauliflower Medley</b> Green Beans	<b>Peas</b> Carrots	<b>Carrots</b> Cabbage	<b>Sweetcorn</b> Mediterranean Vegetables	<b>Baked Beans</b> Peas
<b>Desserts</b>	<b>Chocolate Slice *</b>	<b>Orange Drizzle Cake</b>	<b>Shortbread Biscuit</b>	<b>Apple and Pear Strudel *</b> <i>with Custard</i>	<b>Peach and Chocolate Sponge</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

Week commencing: 28/10, 18/11, 09/12, 20/01, 10/02, 02/03, 23/03,



# Springfield Primary Halal Autumn Winter 2019 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Spaghetti Bake</b> A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	<b>Chinese Chicken with a Rice side **</b> Zingy Chinese Lemon & Ginger Chicken	<b>Roast Lamb with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Lamb	<b>Lamb Lasagne</b> A twist on the classic Italian lasagne with lamb mince	<b>Crispy Fish &amp; Chips with Chips</b> Traditional fish and chips lunch
Alternative Dish	<b>Cheese and Tomato Pizza ** with Potato Wedges</b> Simple but classic!	<b>Quorn Bolognese **</b> A classic Quorn Italian Bolognese	<b>Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy</b> A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	<b>Butternut Squash and Tomato Bake with a Rice side **</b> Veggie, tomato bake topped off with golden bread crumbs for an added crunch	<b>Caramelised Red Onion and Mozzarella Tart with Chips</b> Delicious light vegetarian tart
Key Stage Two	<b>Mild Chilli Cheese Burrito</b> A delicious folded wrap filled with mild five bean chilli, cheese and rice	<b>Lemon Chicken Rice Pot</b> Chinese lemon chicken with rice in a pot	<b>Roast Lamb Bap</b> Slices of delicious roast turkey in a soft bap	<b>Quorn Ball Sub Roll</b> The vegetarian version of the classic Meatball Sub roll with a tomato sauce	
Vegetables	Sweetcorn Broccoli	Peas Roasted Peppers and Sweetcorn	Roast Parsnip Carrots	Green Beans Broccoli and Cauliflower Medley	Baked Beans Peas
Desserts	Mango Frozen Yoghurt	Plum and Apple Shortcake Crumble* with Custard	Flapjack with Fruit Slices *	Chocolate Cake	Raspberry Yoghurt Cake

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

Week commencing: 04/11, 25/11, 16/12, 06/01, 27/01, 09/03, 30/03,





# Springfield Primary Halal Autumn Winter 2019 Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Cheese and Tomato Pizza ** with Potato Wedges</b> Simple but classic!	<b>Chicken Sausages with Mashed Potato and Gravy</b> Simple but classic...sausage and mash	<b>Roast Turkey with Roast Potatoes and Gravy</b> Traditional Roast dinner with Roast Turkey	<b>Lamb Bolognese **</b> A classic Italian beef Bolognese	<b>Crispy Fish &amp; Chips</b> Traditional fish and chips lunch
Alternative Dish	<b>Vegetable Bake with Rice **</b> Beans in a tomato and Mediterranean veg sauce topped with crunchy breadcrumbs	<b>Vegetarian Sausages with Mashed Potato and Gravy</b> A classic Quorn sausage and mash	<b>Vegetable Pastry Slice with Roast Potatoes and Gravy</b> A tasty mix of vegetables wrapped in delicious puff pastry	<b>Mild Sweet Potato Curry with Rice **</b> A mild Indian sweet potato and chickpea Tikka Masala	<b>Tomato and Quorn Wrap with Chips</b> A filled soft tortilla wrap folded into the shape of a cone
Key Stage Two	<b>Chinese Quorn Rice Pot</b> Quorn flavoured with five-spice seasoning with vegetables and rice	<b>Beef Chilli Nacho Pot</b> Nachos topped with a mildly spiced beef chilli	<b>Roast Turkey Bap</b> Slices of delicious roast chicken in a soft bap	<b>Chicken &amp; Melted Cheese Roll</b> Roll filled with chicken, red onion and topped with melted cheese	
Vegetables	<b>Carrots</b> <b>Peas</b>	<b>Roasted Peppers and Sweetcorn</b> <b>Green Beans</b>	<b>Cabbage</b> <b>Carrot and Swede Mash</b>	<b>Broccoli</b> <b>Mediterranean Vegetables</b>	<b>Peas</b> <b>Baked Beans</b>
Desserts	<b>Orange Shortbread</b>	<b>Oatie Biscuit with Fruit Slices *</b>	<b>Strawberry Frozen Yoghurt</b>	<b>Chocolate and Raspberry Swirl Cake with Custard</b>	<b>Banana and Cinnamon Cake *</b>

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

Week commencing: 11/11, 02/12, 13/01, 03/02, 24/02, 16/03,

