

Springfield Primary Halal Autumn Winter 2019 Menu

Week 1

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

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 Autumn Winter 2019 Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Spaghetti Bake A twist on the classic favourite Spaghetti Quorn Bolognese - baked and topped with melted cheese	Chinese Chicken with a Rice side ** Zingy Chinese Lemon & Ginger Chicken	Roast Lamb with Roast Potatoes and Gravy Traditional Roast dinner with Roast Lamb	Lamb Lasagne A twist on the classic Italian lasagne with lamb mince	Crispy Fish & Chips with Chips Traditional fish and chips lunch
Alternative Dish	Cheese and Tomato Pizza ** with Potato Wedges Simple but classic!	Quorn Bolognese ** A classic Quorn Italian Bolognese	Sweet Potato and Chickpea Roast with Roast Potatoes with Gravy A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice	Butternut Squash and Tomato Bake with a Rice side ** Veggie, tomato bake topped off with golden bread crumbs for an added crunch	Caramelised Red Onion and Mozzarella Tart with Chips Delicious light vegetarian tart
Key Stage Two	Mild Chilli Cheese Burrito A delicious folded wrap filled with mild five bean chilli, cheese and rice	Lemon Chicken Rice Pot Chinese lemon chicken with rice in a pot	Roast Lamb Bap Slices of delicious roast turkey in a soft bap	Quorn Ball Sub Roll 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 Autumn Winter 2019 Menu

Week 3

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

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,

