Springfield Menu
AUTUMN TERM 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH OF THE DAY	VEGGIE SAUSAGE & MASHED POTATO WITH GRAVY (E, MK)	LEMON, GARLIC & HERB CHICKEN	ROAST CHICKEN & GRAVY	TOMATO PASTA (CE,G)	FISH FINGERS & CHIPS (F, G)
VEGETARIAN DISH OF THE DAY	VEGGIE SAUSAGE & MASHED POTATO WITH GRAVY (E, MK)	VEGETABLE BEAN BURGER & SEASONED POTATO WEDGES (G, SE*)	VEGETABLE WELLINGTON (CE, E, G)	TOMATO PASTA(CE,G)	VEGAN NUGGETS & CHIPS (G)
VEGETABLE CHOICE	SEASONAL VEG	RICE & PEAS, SWEETCORN, ROASTED VEG	RUSTIC ROAST POTATOES & MEDLEY OF SEASONAL VEGETABLES	GARLIC BREAD AND SEASONAL VEG (G, MK)	BEANS OR PEAS
DESSERT OF THE DAY	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	CAKE, ICE CREAM OR LOLLY (MK)
JACKET POTATO BAR	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS
COLD SELECTION	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH OF THE DAY	TOMATO & BASIL PASTA (CE, G)	MARGHERITA PIZZA (G, MK)	ROAST CHICKEN & GRAVY	CHICKEN CURRY & RICE (G)	BATTERED FISH & CHIPS (F, G)
VEGETARIAN DISH OF THE DAY	TOMATO & BASIL PASTA (CE, G)	VEGAN VEGETABLE PIZZA (G, MK)	WINTER VEGETABLE TART (E,G,MK)	VEGETABLE CURRY & RICE (CE,G)	VEGAN SAUSAGE ROLL & CHIPS (G)
VEGETABLE CHOICE	GARLIC BREAD AND GREEN SALAD (G, MK)	SEASONED POTATO WEDGES & SWEETCORN	RUSTIC ROAST POTATOS & SEASONED VEG	SEASONAL VEGETABLES	BEANS OR PEAS
DESSERT OF THE DAY	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	CAKE, ICE CREAM OR LOLLY (MK)
JACKET POTATO BAR	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS
COLD SELECTION	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT

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AUTUMN TERM 2024

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH OF THE DAY	MAC & CHEESE (G, MK)	SPICY CHICKEN	VEGETABLE LASAGNA (CE, G)	VEGETABLE CHOW MAIN (CE*, E, G, MU* SO)	FISH FINGERS & CHIPS (F, G)
VEGETARIAN DISH OF THE DAY	MAC & CHEESE (G, MK)	VEGETABLE CURRY (CE,G)	VEGETABLE LASAGNA (CE, G)	VEGETABLE CHOW MAIN (CE*, E, G, MU* SO)	CHEESY CALZONE & CHIPS (G,MK)
VEGETABLE CHOICE	GARLIC BREAD AND GREEN SALAD (G, MK)	STEAMED RICE & STIR FRIED GREENS	RUSTIC ROAST POTATOES & SEASONAL VEGETABLES	STIR FRY GREENS	BEANS OR PEAS
DESSERT OF THE DAY	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	YOGHURT/JELLY & FRUIT (MK)	CAKE, ICE CREAM OR LOLLY (MK)
JACKET POTATO BAR	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS	SEE BOARD FOR DETAILS
COLD SELECTION	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT	SALAD BAR & HOMEMADE BREAD (E* G, MK, SO) FRESH FRUIT

MENU INFORMATION

ALLERGENS:
CE= CELERY, CR = CRUSTACEAN, E = EGGS, F = FISH, G = CEREALS CONTAINING GLUTEN, L = LUPIN, MK = MILK, MO = MOLLUSCS, MU = MUSTARD, N = NUTS, P = PEANUTS, SO = SOYA, SU - SULPHUR, SE = SESAME SEEDS
* = MAY CONTAIN