



# Springfield Menu - Spring Term

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with Tuna Mayo (EGG, FISH, MUSTARD) and dressed green beans	Pasta shells topped with cheesy sauce and smoked Applewood cheese and roasted broccoli (d) (G-Wheat)	Venison sausage with mash and rosemary gravy (Milk, G - Wheat, Mustard, Soy, Sulphites)	Mutton and chickpea tagine with couscous (G-Semolina)	Lemon, garlic and herb chicken drumsticks with spaghetti noodles
Vegetarian option				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato and cheddar cheese (MILK) and dressed green beans	Pasta shells topped with wintery tomato sauce and smoked Applewood cheese and roasted broccoli (d) (G-Wheat)	Vegetable sausage with mash and rosemary gravy (Milk, G - Wheat, Mustard, Soy, Sulphites)	Veg and chickpea tagine with couscous (G- Semolina)	Lemon and garlic plant based kiev (wheat - soy) with spaghetti noodles
Salad Bar				
Green beans dressed, diced beetroot, tomatoes	Sticky glazed carrots, sweetcorn, little gem lettuce	Spiced cauliflower, peas, cucumber	Zingy coleslaw (milk), pepper sticks, tomatoes	Cucumber, grated carrot, broccoli salad
Dessert				
Fruit	Vegetable cake (G-Wheat/D)	Fruit	Vegetable cake (G-Wheat/D)	Fruit

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Turmeric macaroni cheese with garlic crispy top (G- Wheat) (d) & garlic bread with honey glazed carrots (G- Wheat)	Stewed vegetables with star anise and new potatoes	Turkey bolognese with couscous (G- Semolina), parmesan cheese (d) & steamed broccoli	Tandoori chicken curry with steamed rice	Chili and garlic puttanesca pasta (G- Wheat)
Vegetarian option				
Monday	Tuesday	Wednesday	Thursday	Friday
Turmeric macaroni cheese with garlic crispy top (G- Wheat) (d) & garlic bread with honey glazed carrots (G- Wheat)	Stewed vegetables with star anise and new potatoes	Vegetable bolognese with couscous (G- Semolina), parmesan cheese (d) & steamed broccoli	Tandoori cauliflower & chickpeas with steamed rice	Tomato penne with olives (G- Wheat)
Salad Bar				
Green beans, diced beetroot, tomatoes	Butter beans, sweetcorn, Little gem lettuce	Lemon broccoli, peas, cucumber	Zingy coleslaw (milk), pepper sticks, lettuce	Cucumber, grated carrot
Dessert				
Fruit	Vegetable cake (G-Wheat/D)	Fruit	Vegetable cake (G-Wheat/D)	Fruit

- Fresh bread available every day
- On days where meat is served, both halal and non-halal options are available