



Springfield Menu - Spring Term

Week 1				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato (vg) with Tuna Mayo (EGG, FISH, MUSTARD) and dressed green beans	Vegetable lasagna and roasted broccoli (d) (G-Wheat) (V)	Vegetable sausage with mash and rosemary gravy (Milk, G - Wheat, Mustard, Soy, Sulphites) (vg)	Mutton and chickpea tagine with couscous (G-Semolina)	Lemon, garlic and herb chicken drumsticks with chips
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato (vg) and cheddar cheese (V) (MILK) and dressed green beans	Vegetable pasta bake (d) (G-Wheat) (vg)	Vegetable sausage with mash and rosemary gravy (Milk, G - Wheat, Mustard, Soy, Sulphites) (vg)	Veg and chickpea tagine with couscous (G-Semolina) (vg)	Veggie burritos (wheat-soy) (egg) with chips (v & vg options)
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/b)	Fruit	Vegetable cake (G-Wheat/D)	Fruit

Week 2				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Turmeric macaroni cheese with garlic crispy top (G- Wheat) (MILK) & garlic bread with honey glazed carrots (G- Wheat) (V)	Stewed vegetables with star anise and new potatoes	Turkey bolognese with spaghetti (G- wheat), parmesan cheese (d) & steamed broccoli	Tandoori chicken curry with steamed rice	Quorn mince tacos (G- soya) (milk) (egg)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato pasta bake (vg) (d) & bread with honey glazed carrots (G- Wheat)	Stewed vegetables with star anise and new potatoes	Vegetable bolognese with spaghetti (G- wheat), parmesan cheese (d) & steamed broccoli	Tandoori cauliflower & chickpeas with steamed rice	Vegan mince tacos (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	Guacamole, sweetcorn
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