

Springmead School

Morning break menu

Fresh fruit, breadsticks or digestive biscuits with milk or water

Week One – Lunch menu

(served with water)

Monday

Wholemeal pasta with a cheese or neopolitan sauce

Artic roll
or
Fresh fruit

Tuesday

Vegetable crudités,
breadsticks and a selection
of dips

Spaghetti bolognese with
Grated parmesan
or
Quorn bolognese

Wednesday

Roast chicken breast or
Pork loin chops, new
potatoes, seasonal
vegetables and gravy
or

Quorn fillet with vegetarian
gravy

Organic vanilla yoghurt
or
Fresh fruit

Thursday

Soup served with savoury
rolls
with a selection of fillings;
cheese; ham; salmon or
tuna

Choc ice
or
Fresh fruit

Friday

Fish cakes or Fish fingers,
Creamed potato and peas
or
Vegetable fingers with
creamed potatoes and peas

Sponge pudding with sauce

(Children, with adult support are encouraged to try a variety of different salad items from the salad bar with a balance of protein and carbohydrates)

Tea time menu

Tea consists of a variety of buttered cream crackers, rice cakes, sandwiches and bread rolls.
These are served with cheese slices, meat, fruit and salad along with cakes or fromage frais, and apple juice or water..

At Springmead we provide well balanced and nutritious meals, prepared on-site, using fresh, locally sourced produce.

Springmead Preparatory School and Nursery, Castle Corner, Beckington, Somerset. 01373 831555.



Springmead School

Morning break menu

Fresh fruit, breadsticks or digestive biscuits with milk or water

Week Two – Lunch menu

(served with water)

Monday

*Pork sausages, new potatoes and baked beans
or
Vegetarian sausages, new potatoes and baked beans*

*Whipped dessert or mousse
or
Fresh fruit*

Tuesday

Chicken casserole served with potatoes

*Ice cream with sauces
or
Fresh fruit*

Wednesday

Diced melon

*Baked potatoes with choice of fillings,
or
Salad and quiche*

Thursday

*Soup served with savoury rolls
with a selection of fillings;
cheese; ham; salmon or tuna*

*Choc ice
or
Fresh fruit*

Friday

*Chicken goujons or fish portions, butter roasted potatoes and peas
or
Quorn goujons*

Fruit jelly and cream

(Children, with adult support are encouraged to try a variety of different salad items from the salad bar with a balance of protein and carbohydrates)

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