

Springmead School

Interim Menu September 2020

Morning Break Menu

Toast and butter, fresh fruit

Cold Buffet Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Bread basket and pastas	Chilled wholemeal pasta, Naan bread, wholemeal bread	Pitta bread pockets, cheese and tomato pizza slices, wholemeal bread	Chilled wholemeal pasta, wholemeal bread	Freshly baked French baguettes, wholemeal bread	Naan bread, wholemeal wraps, wholemeal bread
Fillings	Grated Cheddar cheese sliced ham or chicken coleslaw tuna mayonnaise	Homemade tzatziki, plain houmous, tuna mayonnaise, egg mayonnaise	Chilled sliced organic sausages, grated Cheddar cheese pesto sauce and coleslaw	Chilled chicken goujons sliced ham	Chicken mango chutney grated Cheddar cheese coronation sauce
Vegan	protein slices cheese	pizza cheese	sausages cheese	goujons cheese	Coronation sauce rolls cheese
Salad/vegetables	Cherry tomatoes, cucumber, lettuce celery sticks	Cherry tomatoes cucumber, lettuce and pepper	Sweetcorn, cucumber lettuce and carrot	Cherry tomatoes cucumber, lettuce and carrot	Sweetcorn, cucumber, lettuce and carrot
Desert	Fresh fruit or sweet popcorn with dried fruit	Fresh fruit or muffin, cookie or tray bake	Fresh fruit or fruit yoghurt	Fresh fruit or pain au chocolate	Fresh fruit or sliced cake
Pickles and sauces available everyday	Branston pickle, sweet chilli sauce, mayonnaise and tomato ketchup				

After school snack

Cereal bar, fresh fruit and water

All allergies, intolerances and requirements will be managed carefully

Please speak to class teacher with any specific issues.

