

Springmead School

Morning Break Menu

Fresh fruit, toast with milk or water

Week One - Lunch Menu

(served with water and wholemeal bread)

Monday

Wholewheat pasta with cheese or tomato and vegetable sauce topped with grated cheese

*ice cream sponge
or
Fresh fruit*

Tuesday

Battered chicken gujons served with baby potatoes, peas and sweetcorn

*Cheesecake
or
Fresh Fruit*

Wednesday

Sliced peppers, carrot battons and cucumber with a selection of dips served with bread sticks

Pork sausages served with mash potatoes and baked beans

Thursday

Beef chilli con carne served with wholegrain rice and pitta bread

*Flapjack
or
Fresh fruit*

Friday

Battered fish fillets or breaded vegetable fingers with baby potatoes, peas and sweetcorn

*Yoghurt
or
Fresh fruit*

Salad Bar

***Children are offered salad as an alternative to the hot meal.
With adult support the children are encouraged to try a variety of different items from the salad bar with a balance of protein and carbohydrates.***

Tea Time Menu

Tea consists of a variety of bagels, wraps, toast, crackers and rice cakes, these are served with cheese slices, meat, marmite, fruit and raw vegetables and salad along with, yoghurt, fromage frais and water.

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

Whilst we do our very best to provide the menu described above, occasionally extenuating circumstances may make this impossible, in these situations a suitable alternative will be provided.

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



Springmead School

Morning Break Menu

Fresh fruit, toast with milk or water

Week Two - Lunch Menu

(served with water and wholemeal bread)

Monday

Oven baked potato
with a choice of fillings:
grated cheese, baked beans,
tuna and sweetcorn, salmon or
coronation chicken

Sorbet served with wafers
or
Fresh fruit

Tuesday

Pork sausages served with baby
potatoes, peas and sweetcorn and
onion gravy

yoghurt
or
Fresh fruit

Wednesday

Chicken curry served with
wholegrain rice and naan bread.

Fruit jelly and cream
or
Fresh fruit

Thursday

Bolognese sauce with
wholewheat pasta and parmesan
cheese

Sliced cake
or
Fresh fruit

Friday

Roast chicken served with mash
potatoes peas and gravy

Apple pie served with cream or
custard
or
Fresh fruit

Salad Bar

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Tea Time Menu

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