

# Springmead School

## Morning Break Menu

Wholemeal toast and butter, fruit, served with milk or water

## Week Two - Lunch Menu

*served with a range of breads  
and water*

### Monday

*A choice of oven baked potato or  
new potatoes with a choice of  
fillings: cheese, baked beans,  
and tuna.*

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*Banana and custard*

*Fresh fruit or yoghurt*

### Tuesday

*Handmade pork sausages  
served with  
new potatoes,  
seasonal vegetables and  
traditional onion gravy*

\*\*\*

*Ice cream and wafer*

*Fresh fruit or yoghurt*

### Wednesday

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

\*\*\*

*Roast chicken*

*served with*

*mash potatoes,*

*seasonal vegetables and  
traditional gravy*

### Thursday

*Spaghetti bolognese made with  
beef and lentils and parmesan  
cheese alternating with Chilli Con*

*Carne and Rice*

\*\*\*

*Flapjack*

*Fresh fruit or yoghurt*

### Friday

*Battered fish fillets or chicken  
nuggets with new potatoes and  
peas*

\*\*\*

*Fruit pie and cream*

*Fresh fruit or yoghurt*

## Salad Bar

*Children are offered an extensive salad bar as an alternative to the hot meal, although it can be combined with item from the hot meal menu. With adult support the children are encouraged to try a variety of different items to give a balanced meal..*

## Tea Time Menu

*Tea consists of a variety of crumpets, breakfast muffins, wraps, sandwiches, crackers and rice cakes, these are served with cheese, various meats, marmite, and raw vegetables and salad along with fruit 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.



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Wholemeal toast and butter, fruit, served with milk or water

## Week One - Lunch Menu

served with a range of breads  
and water

### Monday

*A choice of oven baked potato or new potatoes with a choice of fillings: cheese, baked beans, and coronation chicken*

\*\*\*

*Cheesecake*

*Fresh fruit or yoghurt*

### Tuesday

*Savoury mince and pulses served with Yorkshire puddings, new potatoes and seasonal*

*vegetables*

\*\*\*

*Sponge pudding and custard*

*Fresh fruit or yoghurt*

### Wednesday

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

\*\*\*

*Homemade pork sausage, mash, peas and onion gravy*

### Thursday

*Chicken and vegetable Thai green curry and rice alternating with Mrs Martin's Famous Chicken*

*Curry and rice.*

\*\*\*

*Sliced melon or grapes and yoghurt*

### Friday

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

\*\*\*

*Jelly and cream*

*Fresh fruit or yoghurt*

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