

# Vegan and Vegetarian Menu

# Springmead School

## Morning Break Menu

Wholemeal toast and dairy free butter, fruit, served with 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: dairy free cheese, baked  
beans or vegan ham  
\*\*\**

*Banana and vegan custard  
Fresh fruit or vegan yoghurt*

### Tuesday

*Meat free sausages  
served with  
new potatoes,  
seasonal vegetables and  
traditional vegan onion gravy  
\*\*\**

*Vegan Ice cream and wafer  
Fresh fruit or vegan yoghurt*

### Wednesday

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

*Vegan escalope  
served with  
mash potatoes,  
seasonal vegetables and vegan  
gravy*

### Thursday

*Vegan bolognese made with  
lentils and vegan cheese  
alternating with vegan Chilli Con  
Carne and Rice  
\*\*\**

*Vegan Flapjack  
Fresh fruit or vegan yoghurt*

### Friday

*Vegetable nuggests with new  
potatoes and peas  
\*\*\**

*Vegan Fruit pie and vegan cream  
Fresh fruit or vegan 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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## Morning Break Menu

Wholemeal toast and dairyfree butter, fruit, served with 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: sweetcorn, dairy free cheese, baked beans, \*\*\*  
Vegan cheesecake  
Fresh fruit or vegan yoghurt*

### Tuesday

*Savoury meat free mince and pulses served with vegan Yorkshire puddings, new potatoes and seasonal vegetables \*\*\*  
Vegan sponge and vegan custard  
Fresh fruit or vegan yoghurt*

### Wednesday

*Sliced peppers, carrot battons and cucumber with a selection of dips served with bread sticks \*\*\*  
Vegan sausage, mash, peas and vegan gravy*

### Thursday

*Vegetable Thai green curry and rice alternating with Vegan Curry and rice. \*\*\*  
Sliced melon or grapes and vegan yoghurt*

### Friday

*Wholewheat pasta with tomato and vegetable sauce topped with dairy free grated cheese \*\*\*  
Vegan jelly and vegan cream  
Fresh fruit or vegan yoghurt*

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## Tea Time Menu

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

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