

Springmead School

Morning Break Menu

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

Week One – Lunch Menu

Served with a range of breads and water

Monday

An option of oven baked potato or new potatoes with a choice of fillings: cheese, baked beans, and tuna or coronation chicken

Melon and grapes and yoghurt

Tuesday

Sliced peppers or cucumber, carrot batons, and bread sticks with a selection of dips

Chicken with a béchamel sauce, rice and peas

Wednesday

Handmade pork sausages, potatoes and vegetables with an onion gravy

*Artic Roll
Fresh fruit or yoghurt*

Thursday

Spaghettil Bolognese with wholewheat pasta and parmesan cheese.

*Homemade Flapjacks
Fresh fruit or yoghurt*

Friday

Battered chicken pieces alternating with fishcakes, mash potato and vegetables

*Jelly 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 an item from the hot meal menu. With adult support the children are encouraged to try a variety of different items for 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, raw vegetables, and salad along with fruit and water.

At Springmead we provide well balanced and nutritious meals which are 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. Suitable alternatives will be provided in these situations.

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



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

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

*Sponge with custard
Fresh fruit or yoghurt*

Tuesday

Roast chicken, mashed potatoes, vegetables and gravy

*Ice cream and wafers
Fresh fruit or yoghurt*

Wednesday

Beef chilli and rice

*Cheesecake
Fresh fruit or yoghurt*

Thursday

Pasta and sauces with vegetables

*Apple pie and cream
Fresh fruit or yoghurt*

Friday

Sliced peppers or cucumber, carrot batons and bread sticks with a selection of dips

Chicken curry alternating with Thai curry and rice

Salad Bar

Children are offered an extensive salad bar as an alternative to the hot meal, although, it can be combined with an item from the hot meal menu. With adult support the children are encouraged to try a variety of different items for 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, raw vegetables, and salad along with fruit and water.

At Springmead we provide well balanced and nutritious meals which are prepared on site using fresh and, wherever possible, locally sourced produce. Vegetables and pulses are added wherever possible to provide a balanced meal. Whilst we do our very best to provide the menu described above, occasionally extenuating circumstances may make this impossible. Suitable alternatives will be provided in these situations.

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