

# 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

*Pizza, beans and potatoes*  
\*\*\*

*Sponge and custard or  
Fresh fruit/yoghurt*

### Tuesday

*Chicken with a béchamel sauce,  
rice and peas*  
\*\*\*

*Artic Roll or Fresh fruit/yoghurt*

### Wednesday

*Handmade pork sausages,  
potatoes and vegetables with an  
onion gravy*  
\*\*\*

*Pie and cream or  
Fresh fruit/ yoghurt*

### Thursday

*Spaghettil Bolognese with  
wholewheat pasta and parmesan  
cheese.*  
\*\*\*

*Homemade Flapjacks  
Fresh fruit or yoghurt*

### Friday

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

*Battered chicken pieces  
alternating with fishcakes, mash  
potato and vegetables*

## 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*

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*Melon and grapes or yoghurt*

### Tuesday

*Roast chicken, mashed potatoes, vegetables and gravy*

\*\*\*

*Ice cream and wafers  
Fresh fruit or yoghurt*

### Wednesday

*Beef chilli and rice*

\*\*\*

*Crumble and cream  
Fresh fruit or yoghurt*

### Thursday

*Sliced peppers or cucumber, carrot batons and breadsticks with a selection of dips*

\*\*\*

*Pasta and sauces with vegetables*

### Friday

*Chicken korma alternating with Thai curry and rice*

\*\*\*

*Jelly and ice cream or Fresh fruit/ 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. 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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