

Vegan and Vegetarian Menu

Springmead School

Morning Break Menu

Wholemeal toast and dairy free butter, fruit, served with water

Week One - Lunch Menu

served with a range of breads

and water

Monday

*Vegan pizza, beans and potatoes

*Vegan sponge and vegan
custard*

Fresh fruit or vegan yoghurt

Tuesday

*Vegan chicken with a bechamel
sauce, rice and peas

*Vegan/dairy free ice cream or
vegan yoghurt*

Fresh fruit or vegan yoghurt

Wednesday

*Vegan sausages, mashed potato
and vegetables with an onion*

*gravy

*Vegan fruit pie and vegan cream
Fresh fruit or vegan yoghurt*

Thursday

*Vegan bolognese and vegan
cheese

Vegan Flapjack

Fresh fruit or vegan yoghurt

Friday

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

*Vegetable nuggets alternating
with vegan fishcakes with new
potatoes and peas*

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.



Vegan and Vegetarian Menu

Springmead School

Morning Break Menu

Wholemeal toast and dairyfree 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: sweetcorn, dairy free
cheese, baked beans,

*Melon or grapes
or vegan yoghurt*

Tuesday

*Meat free chicken, mashed potato
and seasonal vegetables with
vegan gravy

*Vegan/ Dairy free ice cream
Fresh fruit or vegan yoghurt*

Wednesday

*Vegan chilli and rice

Vegan crumble/ pie with plant
based cream*

Fresh fruit or vegan yoghurt

Thursday

*Sliced pepper, carrot batons,
cucumber with a selection of dips
served with breadsticks

*Wholewheat pasta with tomato
and vegetable sauce and dairy
free grated cheese*

Friday

*Meat free chicken korma
alternating with thai curry and
rice

*Vegan Jelly and Plant based
cream or 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 vegan cheese, 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.

