### Springmead School

#### Morning Break Menu
Fresh and dried fruit, nuts and seeds with milk or water
(toast in nursery and reception)

#### Week One - Lunch Menu
(served with water and wholemeal bread)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Honeydew melon or sliced peppers, cucumber, carrot sticks and dips ***</td>
<td>Braised pork served with an onion and apple gravy, mashed potatoes and seasonal vegetables ***</td>
<td>Oven baked potato or baby new potatoes, with a choice of fillings: grated cheese, baked beans, tuna and sweetcorn, or coronation chicken ***</td>
<td>Chicken curry served with wholegrain rice and warm naan bread ***</td>
<td>Crispy battered fish or breaded vegetable fingers served with baby new potatoes and peas ***</td>
</tr>
<tr>
<td>Spaghetti Bolognese served with parmesan cheese</td>
<td>Ice cream served with crisp wafers or Fresh fruit</td>
<td>Ice cream served with crisp wafers or Fresh fruit</td>
<td>Home baked flapjack or Fresh fruit</td>
<td>Apple pie served with cream or custard or Fresh fruit</td>
</tr>
</tbody>
</table>

#### Salad Bar

*Children are offered salad as an alternative to the hot meal.*
With adult support the children are encouraged to try a variety of different items from the salad bar with a balance of protein

#### Tea Time Menu

*Tea consists of a variety of bagels, wraps, toast, crackers and rice cakes, these are served with cheese slices, meat, marmite, fruit and raw vegetables and salad along with, yoghurt, fromage frais 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.
Springmead School

Morning Break Menu
Fresh and dried fruit, nuts and seeds with milk or water
(toast in nursery and reception)

Week Two - Lunch Menu
(served with water and wholemeal bread)

<table>
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<tr>
<td>Wholewheat pasta with cabonara, pesto or tomato and vegetable sauce topped with grated cheese ***</td>
<td>Roast chicken served with mashed potato, seasonal vegetables and gravy ***</td>
<td>Pork sausages served with baby new potatoes, garden peas, and traditional onion gravy ***</td>
<td>Beef chilli served with wholegrain rice and garlic bread ***</td>
<td>Breaded fishfingers or battered chicken goujons served with baby new potatoes and baked beans ***</td>
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<tr>
<td>Fruit sorbet served with crisp wafers or Fresh fruit</td>
<td>Cheesecake or Fresh fruit</td>
<td>Fruit yoghurt or Fresh fruit</td>
<td>Home baked muffins served with Fresh fruit</td>
<td>Icecream sponge or Fresh fruit</td>
</tr>
</tbody>
</table>

Salad Bar
Children are offered salad as an alternative to the hot meal. With adult support the children are encouraged to try a variety of different items from the salad bar with a balance of protein and carbohydrates.

Tea Time Menu
Tea consists of a variety of bagels, wraps, toast, crackers and rice cakes, these are served with cheese slices, meat, marmite, fruit and raw vegetables and salad along with yoghurt or fromage frais and water.

At Springmead we provide well balanced and nutritious meals, prepared on-site, using fresh, and wherever possible, locally sourced produce.

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