

# Springmead School

## Interim Menu September 2020

### Morning Break Menu

Toast and butter, fresh fruit

### Cold Buffet Lunch

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Bread basket and pastas</b>	Wholemeal wraps or wholemeal bread	Pitta bread pockets, cheese and tomato pizza or wholemeal bread	Chilled wholemeal pasta or wholemeal bread	Freshly baked French baguettes or wholemeal bread	Naan bread or wholemeal bread
<b>Fillings</b>	Cheddar cheese slices sliced ham or chicken egg mayonnaise tuna mayonnaise	Homemade tzatziki, plain houmous, tuna mayonnaise, and boiled eggs	Chilled sliced organic sausages, grated Cheddar cheese pesto sauce and coleslaw	Chilled chicken goujons sliced ham sweet chilli dip	Chicken mango chutney grated Cheddar cheese coronation sauce
<b>Vegan and allergies</b>	Vegan cheese	Vegan pizza	Quorn ham	Vegan sausage	Tofu/Coronation sauce
<b>Salad/vegetables</b>	Cherry tomatoes, cucumber, lettuce celery sticks	Cherry tomatoes cucumber, lettuce and pepper	Sweetcorn, cucumber lettuce and carrot	Cherry tomatoes cucumber, lettuce and carrot sticks	Sweetcorn, cucumber, lettuce and carrot
<b>Desert</b>	Fresh fruit or sweet popcorn with dried fruit	Fresh fruit or muffin, cookie or tray bake	Fresh fruit or fruit yoghurt	Fresh fruit or pain au chocolate	Fresh fruit or sliced cake
<b>Pickles and sauces available everyday</b>	Branston pickle, chilli sauce, mayonnaise and tomato ketchup				

### After school snack

Cereal bar, fresh fruit and water

*All allergies, intolerances and requirements will be managed carefully*

Please speak to class teacher with any specific issues.

