

Springmead School

Interim Menu, Autumn 2020

(To be served to individual classrooms across four floors during current bubble restrictions)

Morning Break - Toast and butter, fresh fruit, milk or water

Lunch (served with water)					
	Monday	Tuesday	Wednesday	Thursday	Friday
Bread basket, pasta and potato	Warm French Bread wholemeal bread	Whole meal pasta wholemeal bread	Hot pizza toasted pitta bread wholemeal bread	Soft submarine roll wholemeal bread	Warm buttered new potatoes wholemeal bread
Protein	Hot chicken goujons tuna mayonnaise grated Cheddar cheese	Bolognese sauce Pesto sauce grated Cheddar cheese	Homemade tzatziki, plain houmous, tuna mayonnaise grated Cheddar cheese	Hot organic sausages baked beans	Hot battered fish
Vegan	Vegan goujons vegan cheese	Vegan sauce vegan cheese	Vegan pizza vegan cheese	Vegan sausages vegan cheese	Grilled tofu Fishless Fingers vegan cheese
Salad/vegetables	Cherry tomatoes, cucumber, lettuce celery sticks	Cherry tomatoes cucumber, lettuce and pepper	Sweetcorn, cucumber lettuce and carrot	Cherry tomatoes cucumber, lettuce and carrot	Sweetcorn, cucumber, lettuce and carrot
Desert	Fresh fruit or Fruit yoghurt	Fresh fruit or Fruity flapjack	Fresh fruit or Fruit yoghurt	Fresh fruit or sweet popcorn with dried fruit	Fresh fruit or Sliced cake
Pickles and sauces available everyday	Branston pickle, sweet chilli sauce, mayonnaise and tomato ketchup				

After school- Cereal bar, fresh fruit and water

All allergies, intolerances and requirements will be managed carefully

Please speak to class teacher with any specific issues.

