

# SPRINGFIELD PRIMARY

## SPRING SUMMER 2024

### WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Veggie Pasta Carbonara	All Day Pork Sausage Breakfast with Herby Diced Potatoes & Baked Beans	Roast Chicken with Roast Potatoes & Gravy	Chicken Curry with Mixed Rice	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Cheese & Tomato Pizza with Baked Potato Wedges	Sweet & Sour Vegetables & Noodles	Veggie Sausage with Roast Potatoes & Gravy	Macaroni Cheese	Cheese Flan with Chips & Tomato Ketchup
<b>Halal</b>		Halal Chicken Sausage Breakfast with Herby Diced Potatoes & Baked Beans	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Chicken Curry with Mixed Rice	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo
<b>Sandwiches</b>	Cheese Sandwich	Tuna Mayo Sandwich	Pasta Arrabiata Pot	Salmon or Tuna Mayo Sandwich	Cheese Sandwich
<b>Vegetables</b>	Broccoli, Cauliflower & Carrots & Mixed Fresh Salad	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Carrots, Broccoli & Mixed Fresh Salad	Sweetcorn, Country Mixed Vegetables & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Marble Sponge & Custard	Chocolate Shortbread Biscuits & Fruit Slices	Iced Banana Traybake	Oat & Raisin Cookie & Fresh Watermelon Slice	Chocolate Ice Cream

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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**Our desserts meet Public Health  
England's target for 'free  
sugar' intake for your child.**

Recommended fruit and  
vegetable portion sizes are calculated  
using School Food Standards. On average our  
desserts do not exceed a third of a child's  
recommended 'free sugar' intake.



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## SPRING SUMMER 2024

### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Macaroni Cheese	Hot Dog Baguette with Baked Potato Wedges and Coleslaw	Roast Chicken with Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Vegetable Enchiladas with Sunny Vegetable Rice	Vegetarian Chilli Wedge Bake	Veggie Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Puff Pastry Roll with Chips & Tomato Ketchup
<b>Halal</b>		Halal Hot Dog Baguette with Baked Potato Wedges and Coleslaw	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Lamb Bolognese & Penne Pasta	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
<b>Sandwiches</b>	Cheese Sandwich	Tuna and Sweetcorn Sandwich	Pasta Arrabiata Pot	Cheese Sandwich	Cheese and Tomato Sandwich
<b>Vegetables</b>	Garden Peas, Carrots & Mixed Fresh Salad	Sweetcorn, Baked Beans, Coleslaw Salad & Mixed Fresh Salad	Cauliflower, Carrots, Peas & Mixed Fresh Salad	Broccoli, Carrots, Cauliflower & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Ginger & Mandarin Traybake	Strawberry Jelly	Freshly Baked Chocolate Cookie	Flapjack Finger & Fresh Watermelon Slice	Homemade Shortbread Biscuits

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

# SPRINGFIELD PRIMARY

## SPRING SUMMER 2024

### WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Vegetable Chilli & Rice	Farm Assured Pork Sausage Roll with Baked Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Sticky BBQ Chicken & Vegetables with Noodles	Fish Fingers with Chips & Tomato Ketchup
<b>Vegetarian Main Course</b>	Cheese & Tomato Pizza with Baked Potato Wedges	Macaroni Cheese	Veggie Sausage with Roast Potatoes & Gravy	Veggie Pasta Bake	Cheese & Onion Roll with Chips & Tomato Ketchup
<b>Halal</b>		Homemade Red Tractor Halal Chicken Sausage Roll with Baked Potato Wedges	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Sticky BBQ Chicken & Vegetables with Noodles	
<b>Jacket Potato and Filling</b>	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Jacket Potato with Cheese, Baked Beans or Tuna Mayo
<b>Sandwiches</b>	Cheese Sandwich	Salmon or Tuna Mayo Sandwich	Pasta Arrabiata Pot	Tuna and Sweetcorn Sandwich	Fish Finger Wrap
<b>Vegetables</b>	Roasted Peppers & Sweetcorn & Mixed Fresh Salad	Country Mixed Vegetables, Baked Beans & Mixed Fresh Salad	Carrots, Garden Peas & Mixed Fresh Salad	Broccoli, Cauliflower, Carrots & Mixed Fresh Salad	Garden Peas, Baked Beans & Mixed Fresh Salad
<b>Dessert</b>	Baked Apple Sponge with Custard	Tootie Fruity Jelly and Mandarins	Freshly Baked Vanilla Cookie	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

Portion(s) of  
fruit or veg

Source of  
wholegrain

Contains  
plant-based  
proteins

50%  
fruit

Oily  
fish

**Our desserts meet Public Health England's target for 'free sugar' intake for your child.**

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.