

















# Springfield Primary

## Autumn / Winter 2024/2025 - Week One

Dates: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup>



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Tomato, Baked Bean & Spiral Pasta Bake 	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread 	MSC Fish Fingers & Chips
Vegetarian Meal	Cheese & Tomato Pizza with Sunny Rice 	Cheese & Onion Roll with Skin on Baked Potato Wedges	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Cheese Flan with Skin on Baked Potato Wedges	Crispy Vegetable Fingers & Chips
Halal Meal	Tomato, Baked Bean & Spiral Pasta Bake	Halal Chicken Sausage Roll with Skin on Baked Potato Wedges	Halal Roast Chicken with Stuffing & Roast Potatoes	Pasta Bolognese made with Red Tractor Halal Lamb & Garlic Bread 	MSC Fish Fingers & Chips
Jacket Potato	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Beans, or Salmon Mayonnaise 
Sandwich / Pasta Option	Cheese Sandwich	Tuna sandwich	Tomato Pasta with Cheese	Tuna Sandwich	Cheese and Tomato Sandwich
Vegetables	Broccoli/Cauliflower & Carrots, 	Peas & Sweetcorn	Broccoli/Cauliflower & Carrots 	Carrots & Sweetcorn 	Baked Beans British Red Tractor Garden Peas 
Homemade Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	Chocolate Brownie	Vanilla & Cherry Cookie Cup & Custard 	Strawberry Jelly & Mandarin Segments

**Available Daily:** Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

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

## Autumn / Winter 2024/2025 - Week Two

Dates: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr

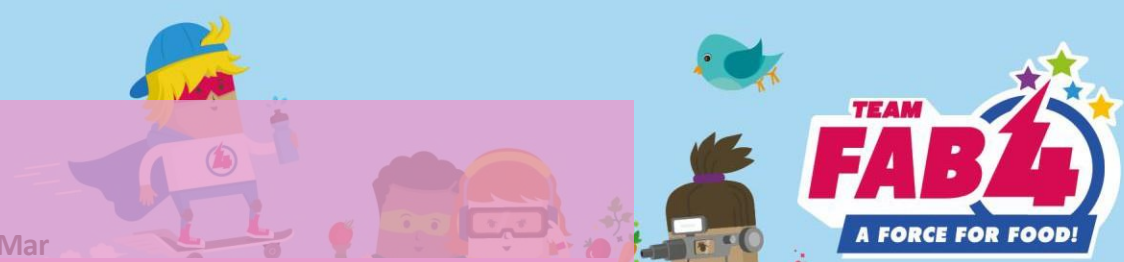
WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheese & Tomato Pizza with Tomato Pasta Salad 	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	MSC Fish Fingers & Chips
Vegetarian Meal	Cheese & Tomato Melt with Pasta Salad	Veggie Sausage with Mashed Potato & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Beany Vegetable Wrap with a side of Sunny Vegetable Rice 	Plant-based Sausage & Chips
Halal Meal	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Halal Chicken Sausage with Mashed Potatoes & Gravy	Halal Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Halal Garlic & Tomato Chicken Pasta Spirals	MSC Fish Fingers & Chips
Jacket Potato	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 
Sandwich / Pasta	Cheese Sandwich	Tuna sandwich	Tomato Pasta with Cheese	Tuna Sandwich	Fish Finger Wrap & Chips
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Broccoli/Cauliflower & Carrots 	Carrots & Sweetcorn 	Broccoli & Carrots 	Baked Beans, British Red Tractor Garden Peas 
Homemade Dessert	Apple Flapjack with Custard 	Iced Vanilla Sponge & Orange Slices 	Chocolate Shortbread with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

**Available Daily:** Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

# Springfield Primary

## Autumn / Winter 2024/2025 - Week Three

Dates: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken, Gravy, & Stuffing & Roast Potatoes Or Gammon	Chicken Meatballs in Tomato sauce with Mixed Rice	MSC Fish Fingers & Chips
Vegetarian Meal	Veggi Burger with Jacket Wedges 	Cheese & Tomato Pizza & Tomato Pasta Salad 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	Cheese & Onion Pastry Roll & Chips
Halal Meal	Cheesy Pasta Spirals with Pizza Style Topping	Halal Lamb Lasagne with Garlic & Tomato Bread 	Roast Chicken & Stuffing Roast Potatoes & Gravy	Halal Chicken Meatballs with Mixed Rice	MSC Fish Fingers & Chips
Jacket Potato	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 	Jacket Potato with Cheese, Bean or Tuna Mayonnaise 
Sandwich / Pasta Option	Cheese Sandwich	Tuna Sandwich	Tomato Pasta with Cheese	Tuna Sandwich	Cheese Sandwich
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
Homemade Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch with Pink Custard	Strawberry Mousse	Shortbread Biscuit

**Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt**

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.