


SPRINGFIELD PRIMARY

AUTUMN WINTER 23/24

WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	Chicken Tikka Curry with Mixed Rice	Roast Chicken with Roast Potatoes & Gravy	 Pork Sausage Roll with Baked Potato Wedges	Fish Fingers with Chips
Vegetarian Main Course	Beany Veggie Burrito	Cheese & Tomato Pizza with Garlic Bread	Veggie Sausage with Roast Potatoes & Gravy	Cheese & Onion Roll with Baked Potato Wedges	Veggie Pasta Bake
Halal		Halal Chicken Tikka Curry with Mixed Rice	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Chicken Pattie with Baked Potato Wedges	
Jacket Potato and Filling	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
Sandwiches	Cheese Sandwich	Tuna Mayo Sandwich	Pasta Arrabiata Pot	Salmon or Tuna Mayo Sandwich	Cheese Sandwich
Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Cauliflower	Carrots Seasonal Greens	Green Beans Baked Beans Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Sponge	Flapjack Finger	Vanilla Sponge with Custard	Tootie Fruity Jelly with Mandarins	Chocolate Shortbread

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.

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WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheesy Bean Pitta	Beef Pasta Bolognese	Roast Chicken with Roast Potatoes & Gravy	Chicken & Bean Burrito	Fish Fingers with Chips
Vegetarian Main Course	Cheese & Tomato Pizza with Garlic Bread	Veggie Pasta Bolognese	Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Pastry Roll with Chips
Halal		Halal Lamb Pasta Bolognese	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Chicken & Bean Burrito	
Jacket Potato and Filling	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
Sandwiches	Cheese Sandwich	Tuna and Sweetcorn Sandwich	Pasta Arrabiata Pot	Cheese Sandwich	Cheese and Tomato Sandwich
Vegetables	Sweetcorn Garden Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans Garden Peas
Dessert	Apple Crumble Bar	Lemon Cake with Custard	Banana Cake with Fruit	Chocolate Cookie	Strawberry Jelly

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

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WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni Cheese	BBQ Chicken Meatballs With Mixed Rice	Roast Chicken with Roast Potatoes & Gravy	Beef Chilli with Mixed Rice	Fish Fingers with Chips
Vegetarian Main Course	Beany Sausage Pitta	Veggie Mince Cottage Pie	Vegetable Sausage with Roast Potatoes & Gravy	Cheese & Tomato Pizza with Garlic Bread	Cheese & Onion Roll with Chips
Halal		Halal BBQ Chicken Meatballs with Mixed Rice	Halal Roast Chicken with Roast Potatoes & Gravy	Halal Lamb Mince Chilli with Mixed Rice	
Jacket Potato and Filling	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
Sandwiches	Cheese Sandwich	Salmon or Tuna Mayo Sandwich	Pasta Arrabiata Pot	Tuna and Sweetcorn Sandwich	Fish Finger Wrap
Vegetables	Sweetcorn Cauliflower	Mixed Vegetables Garden Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans Garden Peas
Dessert	Chocolate Banana Cake	Flapjack with Fruit	Chocolate Sponge with Custard	Lemon Drizzle Cake	Shortbread with Mandarins

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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