


































# SPRINGFIELD PRIMARY

## AUTUMN WINTER 23/24

### WEEK ONE



PRIMARY MENU WEEK 1	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	 Macaroni Cheese	 Chicken Tikka Curry with Mixed Rice	 Roast Chicken with Roast Potatoes & Gravy	 Pork Sausage with Baked Potato Wedges	 Fish Fingers with Chips
<b>Vegetarian Main Course</b>	 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
<b>Halal</b>		 Halal Chicken Tikka Curry with Mixed Rice	 Halal Roast Chicken with Roast Potatoes & Gravy	 Halal Chicken Pattie with Baked Potato Wedges	
<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>	 Mixed Vegetables Sweetcorn	 Garden Peas Cauliflower	 Carrots Seasonal Greens	 Green Beans, Baked Beans Sweetcorn	 Baked Beans Garden Peas
<b>Dessert</b>	 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.

# SPRINGFIELD PRIMARY

## AUTUMN WINTER 23/24

### WEEK TWO



PRIMARY MENU WEEK 2	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	 Cheesy Bean Pitta	 Beef Pasta Bolognaise	 Roast Chicken with Roast Potatoes & Gravy	 Chicken & Bean Burrito	 Fish Fingers with Chips
<b>Vegetarian Main Course</b>	 Cheese & Tomato Pizza with Garlic Bread	 Veggie Pasta Bolognaise	 Vegetable Sausage Toad in the Hole with Roast Potatoes & Gravy	 Macaroni Cheese	 Cheese & Onion Pastry Roll with Chips
<b>Halal</b>		 Halal Lamb Pasta Bolognaise	 Halal Roast Chicken with Roast Potatoes & Gravy	 Halal Chicken & Bean Burrito	
<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>	 Sweetcorn Garden Peas	 Green Beans Carrots	 Cauliflower Seasonal Greens	 Mixed Vegetables Sweetcorn	 Baked Beans Garden Peas
<b>Dessert</b>	 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

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  
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# SPRINGFIELD PRIMARY

## AUTUMN WINTER 23/24

### WEEK THREE



PRIMARY MENU WEEK 3	'GREEN EARTH MONDAY'	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	  Macaroni Cheese	 BBQ Chicken Meatballs with Mixed Rice	 Roast Chicken with Roast Potatoes & Gravy	 Beef Chilli with Mixed Rice	 Fish Fingers with Chips
<b>Vegetarian Main Course</b>	  Beany Sausage Pitta	  Veggie Mince Cottage Pie	  Vegetable Sausage with Roast Potatoes & Gravy	  Cheese & Tomato Pizza with Garlic Bread	  Cheese & Onion Roll with Chips
<b>Halal</b>		 Halal BBQ Chicken Meatballs with Mixed Rice	 Halal Roast Chicken with Roast Potatoes & Gravy	 Halal Lamb Mince Chilli 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 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>	 Sweetcorn Cauliflower	 Mixed Vegetables Garden Peas	 Seasonal Greens Carrots	 Green Beans Cauliflower	 Baked Beans Garden Peas
<b>Dessert</b>	 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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