

Springwell Community School Dinner Menu – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Roast Beef with Yorkshire Puddings and Onion Gravy	Minced Beef Pie	Homemade Meatballs in Arabiata Sauce	Chicken Casserole	Battered Haddock Fillet
Potatoes/Rice of the day	Roast Potatoes	Mash Potatoes	Boiled Rice	Roast Potatoes	Chips
Vegetables of the day	Carrots & Green Beans	Sweetcorn and Broccoli	Sweetcorn or Peas	Broccoli and Carrots	Baked Beans or Mushy Peas
Dessert	Jelly & Ice Cream	Treacle Sponge & Custard	Chocolate Sponge and Chocolate Sauce	Jam Shortcake & Pouring Cream	Rice Pudding
<p>Also Available Every Day</p> <p>Tomato & Basil Pasta Pot or Jacket Potato with a choice of Toppings</p> <p>Fresh Self – Help Salad Bar and Fresh Fruit</p> <p>Alternative Homemade Bake Biscuits or Bun, Yoghurt, Mousse and Fresh Fruit</p> <p>Cheese and Biscuits</p> <p>Bottled Water & Dilute pop within Key Stage Areas.</p>					

This menu is applicable the weeks commencing:

Monday 23rd September 2013

Monday 6th January 2014

Monday 28th April 2014

Monday 21st October 2013

Monday 3rd February 2014

Monday 2nd June 2013

Monday 25th November 2013

Monday 10th March 2014

Monday 30th July 2014