



Springwell
Learning Community
Springwell Special Academy
Springwell Alternative Academy

Spring 2024 Menu

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|-----------------|--|---|---|---|---|
| Week One WC 8 April 2024 | Main Meal | Cheese & Tomato Pizza, served with Wedges | Chicken Tikka Curry with Basmati Rice | Roast Chicken & Stuffing with Roasted Baby Potatoes and Gravy | Tuna Pasta Bake with Garlic Bread | Fish Finger, with Chips |
| | Vegetarian Meal | Meatless Meatballs with Spaghetti and Garlic Bread | Vegetable Tikka served with Rice | Macaroni Cheese & Garlic Bread | Cheesy Bean Bake & Wedges | Vegetable Nuggets and Barbecue dip, Served with Chips |
| | Vegetables | Peas & Sweetcorn | Peas & Carrots | Broccoli & Cauliflower | Carrots & Sweetcorn | Garden Peas & Baked Beans |
| | Carb | Wedges / Garlic Bread | Rice & Naan Bread | Macaroni Cheese & Garlic Bread | Wedges / Garlic Bread | Chips |
| | Dessert | Peaches & Ice Cream with Strawberry Sauce or Fruit Pot | Lemon Drizzle Cake & Custard or Fruit Salad | Cherry Cake & Custard or Fruit Pot | Chocolate Cupcake or Fruit Pot | Fruit Jelly & Ice Cream or Fruit Pot |
| Week Two WC 15 April 2024 | Main Meal | Cheese & Bacon Turnover with New Potatoes | Bangers n Mash with Gravy | Roast Gammon and Stuffing, served with Roast Potatoes and Gravy | Creamy Cheese & Chicken Pasta with Garlic Bread | Battered Fish, Served with Chips & a slice of Lemon |
| | Vegetarian Meal | Tomato and Basil Penne Pasta served with Garlic Bread | Quorn Bangers n Mash with Gravy | Quorn Fillet and Stuffing served with Roast Potatoes and Gravy | Vegetarian Sausage Roll with wedges | Quorn Southern Style Burger and Chips |
| | Vegetables | Peas & Carrots | Broccoli & Carrots | Carrots & Cauliflower Cheese | Peas & Broccoli | Garden Peas & Baked Beans |
| | Carb | New Potatoes / Garlic Bread | Mashed Potatoes | Roast Potatoes | Garlic Bread/Wedges | Chips |
| | Dessert | Apple Crumble & Custard or Fruit Salad | Iced Vanilla Sponge or Fruit Pot | Flapjack or Fruit Boat | Lemon Shortbread Biscuit or Fruit Pot | Chocolate Brownie or Fruit Salad |
| Week Three WC 18 April 2024 | Main Meal | Sausage Roll & Wedges | Penne Pasta Bolognese with Garlic Bread | Roast Turkey with Mashed Potatoes and Gravy | Barbecue Turkey Wrap and Rice | Battered Fish, Served with Chips & a slice of Lemon |
| | Vegetarian Meal | Cheese & Tomato Pizza, served with Wedges | Vegetarian Pasta Bolognese & Garlic Bread | Vegetarian Cottage Pie | Smoky Bean Enchiladas | Fishless Fingers, served with Chips |
| | Vegetables | Green Beans & Carrots | Broccoli & Peas | Medley of Seasonal Vegetables | Peas & Sweetcorn | Garden Peas & Baked Beans |
| | Carb | Wedges | Garlic Bread | Mashed Potatoes | Rice | Chips |
| | Dessert | Shortbread or Fruit Pot | Chocolate Sponge & Custard or Fresh Fruit | Fruit Jelly or Fruit Pot | Cherry Flapjack or Fruit Salad | Arctic Roll or Fruit Pot |

Available Daily:

- Freshly baked jacket potatoes with a choice of fillings
- Selection of sandwiches • Fresh bread
- Cheese & crackers • Salad selection
- Whole fresh fruit • Yoghurts

Allergies:

If you would like to know about particular allergens in food, please ask a member of the catering staff.