

WEEK 3

W/C: 02/05 23/05 20/06 11/07 12/09 03/10

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!		
MONDAY	Cheese and Tomato Pizza (M) Cheesy tomato topped pizza slice	Cheese and Tomato Pizza (H) Cheesy tomato topped pizza slice	Vegetarian Sausage with Mashed Potato and Gravy Veggie sausage and mash with rich gravy	Jacket Potato with Tuna and Sweetcorn Mayonnaise Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Peas and Carrots	Oaty Biscuit with Fresh Fruit Slices
TUESDAY	Chinese Chicken Noodles (M) Fragrant egg noodles with chicken and stir fried vegetables	Chinese Chicken Noodles (H) Fragrant egg noodles with chicken and stir fried vegetables	Macaroni Cheese Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	Jacket Potato with Cheese and Baked Beans Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Sweetcorn and Broccoli	Apple and Carrot Yoghurt Muffin
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy (M) Succulent roast with fluffy roasties and tasty gravy	Roast Chicken with Roast Potatoes and Gravy (H) Succulent roast with fluffy roasties and tasty gravy	Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy A chunky butternut squash and potato pastry slice	Houmous and Vegetable Wrap with Vegetable Crudites Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Carrots and Cabbage	Strawberry Ice Cream
THURSDAY	Lamb Keema Curry with Rice (M) Delicious minced lamb curry	Lamb Keema Curry with Rice (H) Delicious minced lamb curry	Veggie Lasagne with a Garlic and Herb Bread Wedge Delicious sheets of pasta layered with veggies and tomato sauce	Jacket Potato with Tuna Mayonnaise Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Green Beans and Sweetcorn	Chocolate Sponge Cake
FRIDAY	Southern Fried Chicken Tasters with Chips (M) Lightly seasoned crispy chicken strips and scrummy chips	Southern Fried Chicken Tasters with Chips (H) Lightly seasoned crispy chicken strips and scrummy chips	Quorn Dippers with Chips Crispy Quorn dippers with their fave sauce - ketchup	Jacket Potato with Baked Beans Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta	Baked Beans and Peas	Cheese & Biscuits

Spring Grove Primary School

Chartwells
So much more than Fantastic Food

THREE WEEK MENU

SPRING/SUMMER 2022

OUR NEW MENU CHOSEN BY PARENTS AND CHILDREN

YOUR FAVOURITES AVAILABLE EVERY DAY



WEEK 1

W/C: 18/04 09/05 06/06 27/06 18/07 29/08
19/09 10/10

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!		
MONDAY	Cheese and Tomato Pizza   (M) Cheesy tomato topped pizza slice	Cheese and Tomato Pizza   (H) Cheesy tomato topped pizza slice	Red Lentil Dhal with Rice   An Indian lentil curry	Jacket Potato  with Salmon Mayonnaise	Green Beans and Sweetcorn	Raspberry Ripple Ice Cream
TUESDAY	Allegra BBQ Chicken Burger, Corn and Pineapple Relish (M) BBQ chicken breast burger with zingy corn relish	Allegra BBQ Chicken Burger, Corn and Pineapple Relish (H) BBQ chicken breast burger with zingy corn relish	Allegra's Broccoli And Cauliflower Cheese Pie with Mashed Potato  Cheesy broccoli and cauliflower with a shortcrust topping	Jacket Potato  with Baked Beans	Peas and Broccoli	Orange Drizzle Cake
WEDNESDAY	Roast Chicken with Roast Potatoes and Gravy (M) Succulent roast with fluffy roasties and tasty gravy	Roast Turkey with Roast Potatoes and Gravy (H) Succulent roast with fluffy roasties and tasty gravy	Quorn Roast with Roast Potatoes and Gravy  Delicious Quorn roast with fluffy roasties and tasty gravy	Cheese Sandwich  with Vegetable Crudités	Carrots and Cabbage	Shortbread Biscuit with Fruit Slices 
THURSDAY	Shepherd's Pie  (M) A classic Shepherd's pie with veg and gravy	Shepherd's Pie  (H) A classic Shepherd's pie with veg and gravy	Quorn Hot Dog with Potato Wedges  A delicious Quorn hot dog	Jacket Potato  with Tuna Sweetcorn Mayonnaise	Broccoli and Sweetcorn	Pineapple Upside Down Cake with Custard 
FRIDAY	Golden Fish Fingers and Chips (M) Crispy fish fingers and scrummy chips with ketchup	Golden Fish Fingers and Chips (H) Crispy fish fingers and scrummy chips with ketchup	Matar Paneer with Chapati   A veggie Indian dish with peas and paneer cheese	Jacket Potato  with Cheese	Baked Beans and Peas	Chocolate & Raspberry Swirl Cake

WEEK 2

W/C: 25/04 16/05 13/06 04/07 05/09 26/09
17/10

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!		
MONDAY	Cheese and Tomato Pizza   (M) Cheesy tomato topped pizza slice	Cheese and Tomato Pizza   (H) Cheesy tomato topped pizza slice	Mild Chickpea and Potato Curry with Rice   Tasty chickpea and potato curry served with rice	Jacket Potato  with Tuna and Sweetcorn Mayonnaise	Carrot Sticks and Cucumber Sticks	Apple & Berry Crumble with Custard 
TUESDAY	Chicken Tikka Masala with Rice   (M) Succulent chicken in a mild curry sauce	Chicken Tikka Masala with Rice   (H) Succulent chicken in a mild curry sauce	Chinese Veggie Noodles   Fragrant egg noodles with stir fried vegetables	Jacket Potato  with Cheese and Baked Beans	Broccoli and Peas	Fruity Flapjack Bar 
WEDNESDAY	Roast Turkey with Roast Potatoes and Gravy (M) Succulent roast with fluffy roasties and tasty gravy	Roast Chicken with Roast Potatoes and Gravy (H) Succulent roast with fluffy roasties and tasty gravy	Creamy Vegetable Pie with Roast Potatoes and Gravy  Creamy vegetable pie with a cheesy shortcrust topper	Egg Mayonnaise Sandwich  with Vegetable Crudités	Cabbage and Carrots	Raspberry Yoghurt Cake
THURSDAY	Lamb Bolognese   (M) A classic Italian lamb Bolognese in a yummy tomato Sauce	Lamb Bolognese   (H) A classic Italian lamb Bolognese in a yummy tomato Sauce	Mild Bean Chilli with Rice   Super yummy mildly spiced veggie chilli	Jacket Potato  with Tuna Mayonnaise	Green Beans and Sweetcorn	Fruity Chocolate Brownie
FRIDAY	Battered Fish Fillet with Chips (M) Crispy fish and scrummy chips with ketchup	Battered Fish Fillet with Chips (H) Crispy fish and scrummy chips with ketchup	The Incredible Burger served with Chips  Meatless burger in a soft bap with ketchup	Jacket Potato  with Cheese	Peas and Baked Beans	Vanilla Ice Cream

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice