



**Springwell  
Leeds East**

## Spring 2023/24 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

### Week One

WC 8 January 2024  
WC 29 January 2024

Main Meal

Cheese & Tomato Pizza, served with Wedges

Chicken Curry with Basmati Rice

Roast Chicken & Stuffing with Roasted Baby Potatoes and Gravy

Tuna Pasta Bake with Garlic Bread

Fish Finger Wrap, with Chips

Vegetarian Meal

Meatless Meatballs with Spaghetti and Garlic Bread

Vegetable Chilli served with Rice

Macaroni Cheese & Garlic Bread

Cheesy Bean Bake & Wedges

Vegetable Fingers, Served with Chips

Vegetables

Peas & Sweetcorn

Peas & Carrots

Broccoli & Cauliflower

Carrots & Sweetcorn

Garden Peas & Baked Beans

Carb

Wedges / Garlic Bread

Rice & Naan Bread

Baby Potatoes / 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 Muffin or Fruit Pot

Fruit Jelly & Ice Cream or Fruit Boat

### Week Two

WC 15 January  
WC 5 February 2024

Main Meal

Cheese Whirl with New Potatoes

Bangers n Beans - Sausage in a Bean and Tomato Sauce Served with Cheesy Mashed Potato

Roast Gammon and Stuffing, served with Roast Potatoes and Gravy

Creamy Cheese & Chicken Pasta with Garlic Doughballs

Battered Fish, Served with Chips & a slice of Lemon

Vegetarian Meal

Tomato and Basil Penne Pasta served with Garlic Bread

Vegetarian Spaghetti Bolognese & Garlic Bread

Quorn Fillet and Stuffing served with Roast Potatoes and Gravy

Vegetarian Curry with Rice

Quorn Sausages and Chips

Vegetables

Peas & Carrots

Broccoli & Carrots

Baton Carrots & Broccoli

Peas & Broccoli

Garden Peas & Baked Beans

Carb

New Potatoes / Garlic Bread

Cheesy Mash / Garlic Bread

Roast Potatoes

Rice / Garlic Doughballs / Naan Bread

Chips

Dessert

Apple Crumble & Custard or Fruit Salad

Carrot Cake or Fruit Pot

Apple Flapjack or Fruit Boat

Lemon Shortbread Biscuit or Fruit Pot

Chocolate Brownie or Fruit Salad

### Week Three

WC 1 January 2024  
WC 22 January 2024

Main Meal

Veggie Sausage Roll & Wedges

Penne Pasta Bolognese with Garlic Dough Balls

Roast Turkey with Roasted Baby Potatoes and Gravy

Barbecue Turkey Wrap and Rice

Salmon Fishcake, served with Chips

Vegetarian Meal

Cheese & Tomato Pizza, served with Wedges

Vegetarian Lasagne & Garlic Bread

Vegetarian Cottage Pie

Veggie Bangers & Beans with Mashed Potatoes

Fishless Fingers, served with Chips

Vegetables

Green Beans & Carrots

Broccoli & Peas

Medley of Seasonal Vegetables

Peas & Sweetcorn

Garden Peas & Baked Beans

Carb

Wedges

Wedges / Garlic Bread

Baby Potatoes

Rice / Sweet Potato Mash

Chips

Dessert

Chocolate Muffin or Fruit Pot

Orange Shortbread & Custard or Fruit Boat

Fruit Jelly or Fruit Pot

Fruit Jelly or Fruit Salad

Cherry Flapjack 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

#### Menu Key:

- Vegetarian
- Wholemeal
- May Contain Nuts

#### Allergies:

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