Springwell Leeds South

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	Macaroni Cheese & Ham with Garlic Bread	Fish Finger Wrap, with Chips
	Vegetarian Meal	Cheese & Tomato Pizza, served with Wedges	Vegetable & Chickpea Curry served with Rice	Quorn Fillet and Stuffing served with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Vegetable Fingers, Served with Chips
	Halal Choice	Cheese & Tomato Pizza, served with Wedges				
	Vegetables	Peas & Sweetcorn	Peas & Carrots	Broccoli & Cauliflower	Carrots & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Cherry Cake & Custard or Fruit Pot	Lemon Drizzle Cake or Fruit Salad	Cherry Cake & Custard or Fruit Pot	Chocolate Muffin & Custard or Fruit Pot	Fruit Jelly & Ice Cream or Fruit Boat
Week Two WC 15 January WC 5 February 2024	Main Meal	Chicken & pepper Penne Pasta served with Garlic Bread	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	Cottage Pie	Battered Fish, Served with Chips & a slice of Lemon
	Vegetarian Meal	Tomato and Basil Penne Pasta served with Garlic Bread	Vegetarian Bangers n Beans - Vegetarian Sausage in a Tomato & Bean Sauce served with Cheesy Mashed Potato	Quorn Fillet and Stuffing served with Roast Potatoes and Gravy	Vegetarian Cottage Pie	Quorn Sausages and Chips
	Halal Choice			Roast Chicken & Stuffing with Roasted Baby Potatoes and Gravy		
	Vegetables	Peas & Carrots	Broccoli & Carrots	Baton Carrots & Broccoli	Peas & Broccoli	Garden Peas & Baked Beans
	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	Sausage Roll & Wedges	Lasagne with Garlic Dough Balls	Roast Turkey with Roasted Baby Potatoes and Gravy	Barbecue Turkey Wrap and Rice	Salmon Fishcake, served with Chips
	Vegetarian Meal	Veggie Sausage Roll & Wedges	Quorn Lasagne and Doughballs	Quorn Fillet and Stuffing served with Roast Potatoes and Gravy	Barbecue Quorn Wrap with Rice	Fishless Fingers, served with Chips
	Halal Choice					
	Vegetables	Green Beans & Carrots	Broccoli & Peas	Medley of Seasonal Vegetables	Peas & Sweetcorn	Garden Peas & Baked Beans
	Dessert	Chocolate Muffin & Custard or Fruit Salad	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.

WELLSPRING
Catering Team
We Bake A Difference