

Springwood Week 3	Monday 20.01.25 10.02.25	Tuesday 21.01.25 Packed Lunches in class including Sausage roll 11.02.25	Wednesday 22.01.25 12.02.25	Thursday 23.01.25 13.02.25	Friday 24.01.25 14.02.25
Main	Vegetarian curry ~with rice	Sausage roll	Roast Ham with cauliflower cheese*~	Beef stew with dumplings*	Fish fingers* and potato wedges
Vegetarian	Tomato and basil pasta*~	Vegetarian sausage roll	Vegetarian sausage roast	Macaroni cheese*~	Vegetarian fingers*and potato wedges
Gluten-free options	Tomato and basil	GF Sausage rolls	Roast ham	Beef stew with GF crusty bread*	GF Fish fingers and potato wedges
Dairy Free option	Tomato and basil pasta	DF sausage rolls	Roast ham	Beef stew with crusty bread	DF Fish fingers and potato wedges
Jacket Potatoes	Option 1 Cheese~ Option 2 Cheese ~and beans	Option 1 Cheese~ Option 2 Campfire stew (Beans and ham)	Option 1 Cheese~ Option 2 Tuna mayo	Option 1 Cheese ~ Option 2 Tuna Mayo	Option 1 Cheese~ Option 2 Cheese and Beans
With	vegetables	Vegetables and baby potatoes	Roast potatoes, vegetables and gravy	vegetables	Baked beans and salad

V- Vegetarian H- Halal ~- Cheese / Dairy G-Gluten