



WELLSPRING

We Make A Difference

LUNCH MENU 23 Feb to 22 May 2026

		Monday	Tuesday	Wednesday	Thursday	Friday
Week A 23/2/2026 16/3/2026 20/4/2026 11/5/2026	Option 1	Sausage roll	Chicken goujons wrap	Roast chicken	Beef lasagne	Fish fingers or salmon fish cake
	Option 2	Cheese pasty	Spiced vegetable wrap	Vegan Quorn fillet	Vegetable lasagne	Vegan nuggets
	Served with	Potato wedges	Seasoned diced potatoes	Stuffing Mash potatoes Gravy	Garlic bread	Chips
	Alternative options	Sandwich selection (tuna mayonnaise, ham, cheese) Jacket potato (tuna mayonnaise, cheese, baked beans)				
	Pudding	Lemon sponge	Vanilla sponge and Custard	Flapjack	Chocolate muffin and chocolate custard	Fruit in Jelly and ice cream
	Week B 2/3/2026 23/3/2026 27/4/2026 18/5/2026	Option 1	Pepperoni pizza	Beef meatballs in tomato sauce	Sausages and Yorkshire pudding	Chicken with BBQ sauce and melted cheese
Option 2		Cheese and tomato pizza	Vegetable balls in tomato sauce	Vegetarian cottage pie	Vegetarian sausage with BBQ sauce & melted cheese	Cheesy Quorn quesadilla
Served with		Potato wedges	Pasta and garlic bread	Mash potatoes Gravy	Seasoned diced potato	Chips
Alternative options		Sandwich selection (tuna mayonnaise, ham, cheese) Jacket potato (tuna mayonnaise, cheese, baked beans)				
Pudding		Ice school sponge cake	Lemon shortbread	Fruit salad	Apple sponge and custard	Chocolate chip cookie
Week C 9/3/2026 13/4/2026 4/5/2026		Option 1	Pork sausages	Butter chicken curry	Roast chicken	Beef Burrito
	Option 2	Vegetable sausages	Vegetable curry	Vegan Quorn fillet	Vegetarian Burrito	Vegetarian fingers
	Served with	Mashed potato Gravy	Rice	Stuffing Roasted baby potatoes Gravy	Nachos and Dip	Chips
	Alternative options	Sandwich selection (tuna mayonnaise, ham, cheese) Jacket potato (tuna mayonnaise, cheese, baked beans)				
	Pudding	Blueberry muffin	Chocolate sponge and custard	Waffle and ice cream	Fruit Flapjack	Chocolate brownie

PLEASE NOTE:

If a pupil has a dietary need or a lifestyle food preference, please contact the school office or complete the Dietary Information Form on the school website.

Alternative puddings available daily - fruit pot or yoghurts