



# SPS Meal Options – Spring 2, Week 2

Silsden  
Primary School

Monday	Isherwood's real sausage hotdog, served with wedges & sweetcorn (GL, SUL,SOY)	Vegan sausage hot dog, served with wedges & sweetcorn (H, V,GL,SOY)	Halal chicken karahi curry with 50/50 white & brown rice (H,CEL,GL,MK,MST, SUL)	Oven baked jacket potato with grated cheddar cheese filling, served with our house salad (H,V,MK)	Hot melted cheddar cheese panini served with our house salad (H,V,MK,GL,SOY)	Chocolate sponge & chocolate sauce (GL,MK,EG)
Tuesday	A rich rustic tomato & basil sauce served over penne pasta, alongside garlic bread and our house salad. (H,V,GL,MST,SOY,MK,SOY)	Fragrant Chinese chicken curry, served with fluffy rice & prawn crackers (GL,SOY, CRUST)	A mild & creamy Sri Lankan sweet potato & coconut curry, served with brown rice (H,V,CEL,EG,MK,MS T,SUL)	Oven baked jacket potato with tuna filling, served with our house salad (H,FSH,EG)	Hot melted cheddar cheese panini served with our house salad (H,V,MLK,GL,SOY)	Silsden sponge & mint custard (GL,MK,EG)
Wednesday	Roast beef, served with roast potatoes, seasonal veg and Yorkshire pudding (GL,EG,MK)	Comforting soya curried cottage pie, served with roast potatoes, seasonal veg and Yorkshire pudding (H, V,GL,SOY)	Oven baked jacket potato with a grated cheddar cheese filling, served with our house salad (H, V, MK)	Hot tuna melt panini served with our house salad (H,GL,EG,FSH,SOY)		Apple flapjack (GL)
Thursday	Pizza Diavola (pepperoni) (GL,MK,MST) ----- Margarita pizza (cheese & tomato) (H,V,GL,MK)	Ham pizza (GL,MK) ----- Barbeque chicken pizza (GL,MK)	All pizzas served with garlic bread & salad (GL,MK,SOY)	Oven baked jacket potato with a baked bean filling, served with our house salad. (H,V)	Ham in a soft tortilla wrap, served with our house salad (GL)	Ice cream (MK)
Friday	Oven baked haddock fillet, served with curly fries & peas (H,GL,FSH)	Crispy popcorn chicken, served with curly fries & peas (GL,MK,MST,SOY)	Tasty cheesy bean pasta bake, served with garlic bread and salad (H,V,GL,MK,SOY)	Oven baked jacket potato with grated cheddar cheese filling, served with our house salad (H,V,MK)	Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK,SOY)	Syrup sponge & custard (GL,MK,EG)

--	--	--	--	--	--	--

H – suitable for halal. V – Suitable for vegetarian. GL – contains gluten. MK – contains milk. MST – contains mustard. EG – contains egg. SOY – contains soy. SUL – contains sulphates. FSH – contains fish. CRUST – crustacean CEL – contains celery. **In red – may contain**