

# SPS Meal Options – Autumn 1, Week 1 Nursery

Monday	Swedish meatballs in a rich tomato sauce, served with spaghetti (GL, EG)	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)	Flapjack (GL)
Tuesday	Macaroni pasta and a cheesy sauce, served with crusty garlic bread & salad (H,V,GL, MK, EG,MST,SOY)	Oven baked jacket potato with tuna mayonnaise filling, served with our house salad (H, EG, FSH)	Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK,SOY)	Apple & blackberry crumble & ice cream sponge (GL,MK)
Wednesday - Roast Dinner Day	Roast chicken dinner, served with Yorkshire pudding, roast potatoes & seasonal vegetables (GL,EG,MK)	Tuna wrap, served with our house salad (H, GL, EG, FSH)	Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK,SOY)	Jelly
Thursday – Pizza Day	Margarita pizza (cheese & tomato) (H,V,GL,MK) served with garlic bread & sweetcorn (GL,MK,SOY)	Oven baked jacket potato with a baked bean filling, served with our house salad (H,V)	Cream cheese & cucumber sandwich served with our house salad (H,V,GL,MK, SOY)	Frozen yoghurt (MK)
Friday –	Oven baked haddock fillet, served with potato crunchies & peas (H,GL,FSH, MK, SUL)	Crispy popcorn chicken, served with potato crunchies & peas (GL,MK,MST,SOY, SUL)	Hot melted cheddar cheese panini served with our house salad (H,V, GL,MK,SOY)	Chocolate cracknell (GL,MK,SOY)

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**