

# SPS Meal Options – Autumn 1, Week 1

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|--|--|---|---|--|---|--|
| Monday<br><b>Flapjack (GL)</b>                     | Homemade sausage roll, served with wedges and sweetcorn (GL, EG,SUL)                                 | Sri Lankan sweet potato curry, served with rice (H,V,CEI,EG,MK, MST,SUL)                                    | A rich tomato sauce-based soya pasta bolognese, served with crusty bread (H, V, GL, 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)  | Ham wrap, served with our house salad (GL)   |
| Tuesday  | All day breakfast – sausage, scrambled egg & beans served with bread & butter (GL,EG,MK,SUL, SOY)    | Vegetarian breakfast – vegetarian sausage, scrambled egg & beans served with bread & butter (H,V, GL,EG,MK) | Arabiatta pasta, served with crusty bread & salad (H,V,GL, <b>MST,SOY, MK</b> )                   | 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)  | <b>Apple &amp; blackberry crumble &amp; ice cream sponge (GL,MK)</b>                 |
| Wednesday -<br>Roast Dinner Day                    | Roast chicken dinner, served with Yorkshire pudding, roast potatoes & seasonal vegetables (GL,EG,MK) | Soya savoury mince, served with Yorkshire pudding, roast potatoes & seasonal vegetables (H,V, SOY)          | Oven baked jacket potato with grated cheddar cheese filling, served with our house salad (H,V,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)  | <b>Jelly</b>   |
| Thursday –<br>Pizza Day                            | Pizza Diavola (pepperoni) (GL,MK,MST)<br>-----<br>Margarita pizza (cheese & tomato) (H,V,GL,MK)      | Ham pizza (GL,MK)<br>-----<br>Chicken pizza (GL,MK)   | All pizzas served with garlic bread & sweetcorn (GL, <b>MK,SOY</b> )                              | 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) | <b>Flapjack</b>  |
| Friday –<br><b>Chocolate cracknell (GL,MK,SOY)</b> | Oven baked fish fillet, served with potato crunchies & peas (H,GL,FSH, SUL, MLK)                     | Crispy popcorn chicken, served with potato crunchies & peas (GL,MK,MST,SOY, SUL)                            | Salmon fishcake, served with potato crunchies & peas (H,GL,FSH, SUL, MLK)                         | 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) | Egg, cheese & cress club sandwich, served with our house salad (H,V,GL, EG, 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**

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