# SPS Meal Options – Autumn 2, W/b 14th December

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| Monday | 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,MST,SOY, MK) | Oven baked jacket potato with a choice of fillings served with our house salad (H)<br>Tuna – (EG, FSH)<br>Cheese (V, MK)<br>Beans (V) | Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK) | Sticky toffee pudding & custard (GL, EG, MK, SOY, SUL) |
| Tuesday | Swedish meatballs in tomato sauce, served with garlic bread (GL, EG, MK, SOY) | Quorn vegan meatballs in tomato sauce, served with garlic bread (H, V, GL, MK, SOY) | Halal chicken karahi curry, served with rice (GL, MST, SUL) | Oven baked jacket potato with a choice of fillings served with our house salad (H)<br>Tuna – (EG, FSH)<br>Cheese (MK)<br>Beans | Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK) | Chocolate Cracknell (GL, MK, SOY) |
| Wednesday - Christmas Dinner Day | Roast turkey, served with chipolata sausage, roast potatoes, stuffing & seasonal vegetables (GL,EG,MK, SOY, SUL) | Quorn vegan fillet, roast potatoes, stuffing & seasonal vegetables<br>(H,V,GL) | Oven baked jacket potato with grated cheese filling, served with our house salad (H, V, ML) | | | Chocolate fudge cake (GL, EG, MK, SOY, SUL)<br>Ice cream roll (GL, EG, MK, SOY) |
| Thursday – Pizza Day | Pizza Diavola (pepperoni) (GL,MK,MST)<br>----------<br>Margarita pizza (cheese & tomato) (H,V,GL,MK) | Spicy Hawaiian pizza (GL,MK)<br>---<br>All pizzas served with garlic bread & spaghetti hoops (GL,MK) | Oven baked jacket potato with a choice of fillings served with our house salad (H)<br>Tuna – (EG, FSH)<br>Cheese (MK)<br>Beans | Tuna wrap, served with our house salad (H, GL, EG, FSH) | | Ice cream (MK) |

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| **Friday –** | **Oven baked fish fillet, served with potato crunchies & peas / sweetcorn (H,GL,FSH, SUL, MLK)** | **Crispy popcorn chicken, served with potato crunchies & peas / sweetcorn (GL,MK,MST,SOY, SUL)** | **Cheesy bean pasta bake, served with garlic bread (H, V, GL, MK, SOY)** | **Oven baked jacket potato with a choice of fillings served with our house salad (H)**<br>**Tuna – (EG, FSH)**<br>**Cheese (MK)**<br>**Beans** | **Hot melted cheddar cheese panini served with our house salad (H,V, GL,MK,SOY)** | **Syrup sponge & custard (MK)** |

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

H – suitable for halal. V – Suitable for vegetarian