SPS Meal Options – Autumn 2, Week 1

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)** **Tuna – (EG, FSH)** **Cheese (V, MK)** **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)** **Tuna – (EG, FSH)** **Cheese (MK)** **Beans**	**Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK)**	**Chocolate Cracknell (GL, MK, SOY)**
Wednesday - Roast Dinner Day	**Roast chicken, served with Yorkshire pudding, roast potatoes & seasonal vegetables (GL,EG,MK)**	**Roast gammon, served with Yorkshire pudding, roast potatoes & seasonal vegetables (GL,EG,MK)**	**Vegan sausage & mash, served with seasonal vegetables (H,V, GL)**	**Oven baked jacket potato with a choice of fillings served with our house salad (H)** **Tuna – (EG, FSH)** **Cheese (MK)** **Beans**	**Hot melted cheddar cheese panini served with our house salad (H,V,GL,MK)**	**Apple crumble cake (GL, EG, SOY, SUL)**
Thursday – Pizza Day	**Pizza Diavola (pepperoni) (GL,MK,MST)** **----------** **Margarita pizza (cheese & tomato) (H,V,GL,MK)**	**Spicy Hawaiian pizza (GL,MK)** **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)** **Tuna – (EG, FSH)** **Cheese (MK)** **Beans**	**Tuna wrap, served with our house salad (H, GL, EG, FSH)**		**Ice cream (MK)**

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)** **Tuna – (EG, FSH)** **Cheese (MK)** **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

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