

Date		Monday	Tuesday	Wednesday	Thursday	Friday
1 st – 5 th October	Mains	Sausage, mash & cauliflower cheese	Chicken curry, rainbow rice & naan bread	Minced beef pie, chips, peas & gravy	Pork steak, roast pots & fresh vegetables	Battered fish, wedges & mixed salad
	Salad	Roast beef salad	Scotch egg salad	Roast pork & apple sauce baguette salad	Cheese puff salad	Sausage salad
	Dessert	Oatmeal cookies & Milk	Apple & sultana sponge & custard	Blueberry muffins & milk	Rice krispie cakes	Strawberry pie & cream
	Vege	Quorn sausage	Vegetable curry	Quorn pie	Cheese puff	Vegetable sausage rolls
8 th – 12 th October	Mains	Jacket pots, tuna, cheese and beans	Sausage meat pie, mash & fresh vegetable	Cottage pie & fresh vegetables	Chicken casserole and crusty bread	Fishcake, chips and peas
	Salad	Ham baguette salad	Fishcake salad	Vegetable bake salad	Sausage roll salad	Roast pork salad
	Dessert	Chocolate & pear sponge & custard	Rice pudding	Muffins & milk	Date slice & evaporated milk	Iced sponge tart
	Vege	Jacket pots, cheese and beans	Quorn sausage pie, mash and vegetables	Vege cottage pie & fresh veg	Quorn casserole & crusty bread	Vege crispy bakes, chips & peas
15 th -19 th October	Mains	Cornish pasty, mash, peas & gravy	Pork steaks, roast potatoes, veg & gravy	Pasta bolognese & garlic bread	Chicken pie, mash, fresh veg and gravy	Sausage, jacket pots and beans
	Salad	Turkey salad	Tuna wrap salad	Pork pie salad	Cheese baguette salad	Quiche salad
	Dessert	Syrup sponge and custard	Butterscotch tart	Apple and rhubarb crumble & custard	Plum Loaf	Chocolate crunch & milk
	Vege	Vege pasty, mash, & peas	Quorn fillet roast potatoes, veg & gravy	Vege pasta bolognese & garlic bread	Vege pie, mash, vegetables & gravy	Vege sausage Jacket pots and beans
30 th Oct. - 2 nd Nov.	Mains	Training Day	Jacket potatoes and chilli	Chicken curry, rainbow rice & naan bread	Sausage, mash Yorkshire pud, veg and gravy	Battered fish, chips & mushy peas
	Salad		Tuna salad	Egg Mayo baguette salad	Cheese puff salad	Ham salad
	Dessert		Lemon curd sponge & custard	Apple pie and cream	Mandarin cheesecake	Chocolate chip muffins & milk
	Vege		Quorn chilli	Vegetable curry	Quorn sausage as above	Vege quiche, chips and mushy peas

Meals are freshly made on our premise every day.

Please see the allergens chart on our website www.spaldingspecialschools.co.uk