



SPRINTERS CANTEEN TUESDAY 3 DECEMBER

### MAIN COURSE

**Escalope of roast turkey** filled with apricot and sage stuffing served with pigs in blankets, roast gravy, cranberry sauce and bread sauce

(GLUTEN FREE OPTION AVAILABLE)

(Contains: gluten, sulphites, celery, milk)

**Fillet of hake** topped with an Orkney crab, lemon and herb crust served on a bed of braised leeks and pearl barley topped with a creamy white wine and pink peppercorn sauce

(Contains: fish, shellfish, milk, gluten, celery)

**Festive filo parcel** filled with a wild mushroom, spinach and blue cheese ragout served with a red wine and rosemary jus

(VEGETARIAN, VEGAN OPTION AVAILABLE)

(Contains: gluten, celery, milk, sulphites)

All served with a selection of seasonal vegetables, streamed and roast potatoes

### DESSERTS

**Traditional christmas pudding** served with brandy sauce

(Contains: gluten, sulphites, milk, soya)

**Festive fresh fruit salad**

**Chocolate log** served with a compote of winter berries

(Contains: milk, soya, gluten, sulphites)

### PRICE

#### INCLUDED IN MEAL PLAN OR

Starter	£1.30
Main course	£6.60
Dessert	£2.50
3 Courses	£10.00

