

## Monthly Menu Choices

### Spiced Burgers – watch the video too!



#### Spiced Burgers

Beef mince  
Chopped onion  
Chopped peppers  
Crushed garlic  
Spices (you choose – see the video for how we did it!)

Burger rolls  
Lettuce  
Mayo  
Ketchup – I do make my own – see November sugar challenge for the recipe  
Smoked paprika

The Spice guy suggests getting all of your ingredients into bowls to allow self-selection – I would encourage adding more bowls of veg i.e. grated carrot and courgettes are great to go in to burgers too!

Simply pop all ingredients for the burgers into bowls and mix by hand then grown-ups fry and back to the children for them to put together.

