

# Seaham High School WEEK 1

wc 05.06.23; 26.06.23; 17.07.23; 18.09.23; 09.10.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup & Bread Roll available every day (some V)					
Option 1	♥ Pork Curry & Vegetable Rice with Mini Naan (CG, M)	Quarter Pound Burger Bap (CG) V available	♥ Roast Turkey Stuffing & Yorkshire pudding (CG, E, M) Gravy (CG)	♥ Lemony Chicken Traybake with Potatoes	Fish Fingers (CG, F) Chicken Nuggets (CG) V Pancake Roll (CG, S)
Option 2	Oven baked Sausages with Onion Gravy (CG)	Homemade Corned Beef Pie (CG) Gravy available (CG)	V Mac 'n' Cheese (CG, M) Garlic Bread (CG)	Tex Mex Burritos (CG)	Curry Sauce (may CG) Chipped Potatoes
Option 3	V Creamy Leek Pasta (CG, M) Garlic Bread (CG)	V Veggie Supreme Pizza Red & Green Peppers, Tomatoes, Courgettes, Onions & Black Olives		V 🌾 Cheese & Onion Quiche (CG, E, M)	

Vegetables/Salad Potato/Rice will be served to compliment the above meals

A Minimum of Two Hot Snack Options will also be Available

Dessert	V Chocolate Sponge (CG, E) & V Chocolate Sauce (M)	V Fruit Topped Cheesecake (CG, E, M)	V Fruity Oat Crumble (CG) & V Custard (M)	V Marble Cake (CG, E) & V Custard (M)	Fruity Trifle (CG, E, M)
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### Also Available Everyday

V Freshly Baked Potatoes with V Cheese, Tuna or V Baked Beans, or Served with a Hot Topping from Today's Menu

DELI – BAR; Tailormade for You, Sandwiches & Salads (some V)

Freshly Made & Wrapped on Site; Sandwiches & Boxed Salads – Crisp & Fresh, plus Cold Pasta Pots - Meat & Vegetarian Options

Home Baked V Cakes, V Traybakes, V Biscuits & V Cookies, V Fresh Fruit, V Fresh Fruit Pots, Sugar Free Jelly & V Yoghurts

V Chilled Plain & V Flavoured Milk, V Cartons of Fruit Juice & V Cartons & Cans of Fruity Waters

**A selection of Meal Deal and Mini Meal Deals are available every day, please see separate Meal Deals Poster**

**FOOD ALLERGIES AND INTOLERANCES** - Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery C Cereals containing Gluten CG Crustaceans C Eggs E Fish F Lupin L Milk M Molluscs M

Mustard M Nuts N Peanuts P Sesame Seeds SS Soya S Sulphur Dioxide SD

♥ Healthier Option

V Vegetarian

🌾 Contains Wholewheat/Wholegrain