

Seaham High School WEEK 2

wc 12.06.23; 03.07.23; 04.09.23; 25.09.23; 16.10.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup & Bread Roll available every day (some V)					
Option 1	♥ Chinese Style Chicken Curry with Rice (CG)	Toad in the Hole (CG, E, M) & Gravy (CG)	Savoury Mince & Dumplings (CG)	Meatballs in Tomato Sauce with Spaghetti (CG, M) Garlic Bread (CG)	Salmon Fish Cakes (CG, F) Chicken Nuggets (CG) Veggie Burger (CG)
Option 2	Quarter Pound Burger Bap (CG) V available	♥ V Chunky Veg Pasta Bake (CG) Garlic Bread (CG)	V ♥ Rice Stuffed Peppers	♥ Hot Shot Chicken & Pepperoni Noodles (CG)	Curry Sauce (may CG) Chipped Potatoes
Option 3	V Homemade Cheese & Onion Pasty (CG, M)	Hungarian Pork Goulash		♥ V Indian Style Veggie Curry & Rice with Mini Naan (CG, 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 Syrup Sponge (CG, E) & V Custard (M)	V Apple Crumble (CG) & V Custard (M)	V Chocolate Brownie (CG, E, M)	V Isle of Wight Pudding (CG, E, M)	V Iced Courgetti Cake (CG, E)
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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 Todays 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