

Seaham High School WEEK 3

wc 19.06.23; 10.07.23; 11.09.23; 02.10.23; 23.10.23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup & Bread Roll available every day (some V)					
Option 1	♥ Spaghetti Bolognese (CG) Garlic Bread (CG)	Chicken & Vegetable Casserole with Dumplings (CG)	♥ Roast Pork & Yorkshire pudding (CG, E, M) Gravy (CG)	♥ Turkey Curry & Rice Mini Naan (CG, M)	Fish Fingers (CG, F) Chicken Nuggets (CG) V Quorn Nuggets (CG, E)
Option 2	♥ V Veggie Korma, Rice & Mini Naan (CG, M)	V Creamy Tomato Pasta (CG, M) Garlic Bread (CG)	V Veggie Mince & Dumplings (CG, may E)	♥ V Pasta Neapolitan (CG) Garlic Bread (CG)	Curry Sauce (may CG) Chipped Potatoes
Option 3	Sausage Hot Pot (CG)			Quarter Pound Burger Bap (CG) V available	

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 Fresh Apple Cake (CG, E) & V Custard (M)	V Spotty Fruit Cake (CG, E) & V Custard (M)	V Baked Rice Pudding with Jam Sauce (M)	V Cornflake Tart (CG) & V Custard (M)	V Lemon Drizzle 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 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