

Seaham High School – Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup of the Day (October to February) with Soft Brown or White Bread Roll - available only at MAIN SERVERIES £1.50				
Traditional Dishes - available at MAIN SERVERIES ONLY £2.20				
Chinese Style Chicken Curry with Rice (CG, M)	Pasta with Meatballs (CG)	Corned Beef Pie (CG, may M)	Savoury Mince & Dumpling (CG, may M) & Mash Potatoes	Fish in Crispy Batter (CG, F)
Burger in a Bun (CG) V veggie burger available	V Cheese & Onion Quiche (CG, E, M)	V Veggie Korma Curry & Turmeric Rice (may M)	Oven Baked Sausages V veggie sausages available	Salmon Fish Fingers (CG, F) V Veggie Nuggets (CG) Curry Sauce (CG, M)
♥V Potatoes, ♥V Rice, ♥V Pasta & ♥V Vegetables will be available daily to compliment the Meals above				
V Salad & Coleslaw (E, M) available as alternative to vegetables				
♥V Baked Potatoes 85p - with Cheese (M), Tuna Mayo (F, E, M) or Baked Beans £1.35				
PASTA KING – available only at MAIN SERVERIES ONLY £1.70				
♥V Arrabiata Pasta King (CG)	Firecracker Chicken Pasta King (CG)	♥V Basilico Pasta King (CG)	♥V Mediterranean Pasta King (CG)	
Delicious Desserts from 80p HOT available at Main Serveries ONLY				
V Toffee Apple Cobbler (CG) & Custard (M)	V Fruit topped Cheesecake (CG, M)	V Date & Orange Cake (CG, E) & Custard (M)	V Chocolate Sponge (CG, E, may M) & Custard (M)	V Iced Courgette Cake (CG, E)
Available at ALL Service Points				
V Small Cookie 50p, V Traybake 85p, V Cake Slice 85p, ♥V Fresh Fruit 50p, ♥V Fresh Fruit Pot 85p, V Fruity Oat Yoghurt 85p V Individual Yoghurt 50p, V Chilled Plain Milk £1.00				

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 Vegan

V Vegetarian

♥ Contains Wholewheat/Wholegrain