

## Seaham High School – Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homemade Soup of the Day</b> (October to February) with <b>Soft Brown or White Bread Roll</b> - available only at <b>MAIN SERVERIES £1.50</b>				
<b>Traditional Dishes - available at MAIN SERVERIES ONLY £2.20</b>				
Savoury Mince & Dumpling (CG)  V Italian Style Lasagne (CG, M)	🌿♥ Chicken Madras & Wholegrain Rice (may M)  ♥V Lentil Cottage Pie (M)	Minced Beef & Vegetable Pie (CG, M)  V Mixed Bean Chipotle Quesadilla (CG, M)	Roast Pork & Yorkshire pudding (CG, E, M) Parsley Potatoes  ♥🌿V Lentil Burrito (CG, S)	Fish in Crispy Batter (CG, F)  Chicken 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				
<b>PASTA KING – available only at MAIN SERVERIES ONLY £1.70</b>				
♥🌿V Zingy Pepper Pasta King (CG)	♥🌿V Pomodoro Pasta King (CG)	Sweet Chilli Chicken Pasta King (CG)	V Cheesy Pasta King (CG, M)	
<b>Delicious Desserts from 80p HOT available at Main Serveries ONLY</b>				
V Plum Jam Roly Poly (CG, M) & Custard (M)	V Chocolate & Beetroot Fudge Cake (CG, E)	V Apple Crunch Pie (CG) & Custard (M)	V Syrup Sponge (CG, E) & Custard (M)	Fruity Jelly & Ice Cream (M)
<b>Available at ALL Service Points</b> 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

🌿 Vegan

V Vegetarian

🌾 Contains Wholewheat/Wholegrain