

## Seaham High School – Week 3

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</b> £1.50				
<b>Traditional Dishes - available at MAIN SERVERIES ONLY £2.20</b>				
Chinese Style Chicken Curry & Rice (CG, M)  ♥️🌿V Chilli non-Carne	Cottage Pie  Herby Toad in the Hole (CG, E, M) Mashed Potato	♥️ Chicken Tikka Pitta with Minted Yoghurt (M)  V Mac 'n' Cheese (CG, M)	Roast Turkey & Yorkshire pudding (CG, E, M)  V ♥️ Rice Stuffed Peppers	Fish in Crispy Batter (CG, F)  V Oriental Veggie Spring Pancake Roll (CG, S, E, M)  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 Basilico Pasta King (CG)	♥️🌿V Zingy Pepper Pasta King (CG)	Texan Meatballs Pasta King (CG)	♥️🌿V Mediterranean Pasta King (CG)	
<b>Delicious Desserts from 80p HOT available at Main Serveries ONLY</b>				
🌿V Iced Parsnip & Coconut Cake (CG, E)	V Fruit Oaty Crumble (CG) & Custard (M)	V Sticky Toffee Pudding (CG, E, M) & Custard (M)	V Old Fashioned Cornflake Tart (CG) & Custard (M)	V Chocolate Crispy Slice (M)
<b>Available at ALL Service Points</b> <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</b> <b>V Individual Yoghurt 50p, V Chilled Plain Milk £1.00</b>				

**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