

Seaham High School – Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
---------------	----------------	------------------	-----------------	---------------

DELI BARs

Tailor-made Sandwiches £2.10 ♥ Salad Boxes £2.10

Pizzas, £1.50/£1.85 and Hot Sandwiches/Handheld Snacks £2.10

♥🌿V Baked Potatoes 85p - with Cheese (M), Tuna (F, E, M) £1.35 or any Deli Topping £2.10

Grab 'n' Go - available at DELI BARs

V Cheese Panini £2.10 and V Margherita Pizza £1.50 will be available every day, as an alternative to the named choices

Pepperoni Pizza (CG, M) £1.85	V Cheese & Tomato Pizza (CG, M) £1.50	V Veg Sizzler Pizza (CG, M) £1.50	Chicken Tikka Pizza (CG, M) £1.85	Meat Feast Pizza (CG, M) £1.85
V Fresh Basil & Halloumi Pitta (CG, M) £2.10	♥Cajun Chicken Wrap (CG) £2.10	Double Frankfurter Roll (CG, M) £2.10	Hot Turkey & Gravy Baguette (CG) £2.10	♥Barbadian Chicken Wrap (CG) £2.10

A Selection of Readymade Bread Roll Sandwiches £1.30, Cold Wraps £1.85, Cold Pasta Pots 90p

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

🌿 Vegan

V Vegetarian

🍞 Contains Wholewheat/Wholegrain