



























































































































































































































































Seaton Sluice Lunch Menu A – week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Spaghetti Bolognese/Garlic Bread                        Cheese &amp; Tomato Pizza                        Chicken Pie  </p>	<p>Shepherd's Pie                        Chicken Korma/Rice/Naan Bread                        Tomato &amp; Basil Pasta/Garlic Bread  </p>	<p>Pork Casserole/Dumpling                        Macaroni Cheese/Garlic Bread                        Salmon (wholemeal crumb)  </p>	<p>Minced Beef &amp; Yorkshire Pudding                        Sweet &amp; Sour Chicken/Veg. Rice                        Fish Cakes  </p>	<p>Beef Burger                        Chicken Nuggets                        Cheese &amp; Tomato Pizza  </p>
<p><u>Vegetables</u>                      Mashed Potato, Potato Wedges,                      Beans, Sweetcorn, &amp; Farmhouse Veg.</p>	<p><u>Vegetables</u>                      Broccoli, Carrots, &amp; Peas</p>	<p><u>Vegetables</u>                      Potato Wedges Mashed Potato,                      Beans, Mixed Veg., &amp; Sweetcorn</p>	<p><u>Vegetables</u>                      Mashed Potato, Potato Wedges,                      Beans, Broccoli, &amp; Carrots</p>	<p><u>Vegetables</u>                      Chips, Beans, Peas, &amp; Sweetcorn</p>
<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>
<p><u>Assorted Desserts</u>                      Rice Pudding                       Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp;                      Fruit Jelly Pot – n/a)</p>	<p><u>Assorted Desserts</u>                      Choc. Cake     Custard                        Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp;                      Fruit Jelly Pot – n/a)</p>	<p><u>Assorted Desserts</u>                      Apple Crumble  &amp; Custard                        Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp;                      Fruit Jelly Pot – n/a)</p>	<p><u>Assorted Desserts</u>                      Ice Cream Roll                         Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp;                      Fruit Jelly Pot – n/a)</p>	<p><u>Assorted Desserts</u>                      Ice Cream Tub                       Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp;                      Fruit Jelly Pot – n/a)</p>

Seaton Sluice Lunch Menu A – week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Korma/Rice/Naan Bread                        Cheese &amp; Tomato Pizza                        Salmon (whole crumb)  </p>	<p>Spaghetti Bolognese/Garlic Bread                        Gammon &amp; Pineapple n/a                      Fish Cakes  </p>	<p>Mince &amp; Onion Pie                       Sausage                       Macaroni Cheese/Garlic Bread  </p>	<p>Roast Pork Dinner/Stuffing/Apple Sauce                       Tomato &amp; Basil Pasta/Garlic Bread                        Fish Portion  </p>	<p>Beef Burger                        Chicken Nuggets                        Cheese &amp; Tomato Pizza  </p>
<p><u>Vegetables</u>                      Potato Wedges, Beans, &amp; Sweetcorn</p>	<p><u>Vegetables</u>                      Mixed Veg., Beans, &amp; Boiled Potatoes</p>	<p><u>Vegetables</u>                      Farmhouse Veg., Beans, &amp; Roast Potatoes</p>	<p><u>Vegetables</u>                      Mashed Potato, Potato Wedges, Peas, Broccoli, &amp; Carrots</p>	<p><u>Vegetables</u>                      Chips, Beans, Peas, &amp; Sweetcorn</p>
<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>	<p><u>Assorted sandwiches</u>                      Bread  Cheese  Tuna                       Ham n/a                      Salad Bar: Bread  Eggs                       Jacket Potato: Tuna  Cheese </p>
<p><u>Assorted Desserts</u>                      Jam Sponge  /Custard                        Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p><u>Assorted Desserts</u>                      Apple Crumble  /Custard                        Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p><u>Assorted Desserts</u>                      Iced Cake  &amp; Custard                        Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p><u>Assorted Desserts</u>                      Ice Cream Roll                         Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Ice Cream Tub                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp; Fruit Jelly Pot – n/a)</p>	<p><u>Assorted Desserts</u>                      Strawberry Mousse                       Milk &amp; Biscuit                          Fruit Juice &amp; Biscuit                         Yoghurt                       Fruit Smoothie                       Cheesecake                         (Fresh Fruit, Fruit Pot &amp; Fruit Jelly Pot – n/a)</p>

### Seaton Sluice Lunch Menu A – week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sausage, Yorkshire Pudding, &amp; Gravy  </p> <p>Salmon (wholemeal crumb)  </p> <p>Macaroni Cheese &amp; Garlic Bread  </p>	<p>Chicken Fajitas &amp; Vegetable Rice  </p> <p>Chicken Curry, Rice &amp; Naan Bread  </p> <p>Tomato &amp; Basil Pasta/Garlic Bread  </p>	<p>Lasagne &amp; Garlic Bread  </p> <p>Cheese &amp; Onion Quiche  </p> <p>Fish Cakes  </p>	<p>Roast Turkey, Stuffing, Gravy, &amp; Yorkshire Pudding  </p> <p>Country Bakes  </p> <p>Fish Fingers  </p>	<p>Beef Burger  </p> <p>Chicken Nuggets  </p> <p>Cheese/Tomato Pizza  </p> <p>Fish Portion  </p>
<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>	<u>Vegetables</u>
<p>Mashed Potato, Potato Wedges, Beans, &amp; Farmhouse Veg.</p>	<p>Potato Wedges, Sweet Corn, Beans, &amp; Peas</p>	<p>Potato Wedges, Beans, &amp; Mixed Veg.</p>	<p>Mashed Potato, Potato Wedges, Broccoli, &amp; Carrots</p>	<p>Chips, Beans, Peas, &amp; Sweetcorn</p>
<u>Assorted sandwiches</u>	<u>Assorted sandwiches</u>	<u>Assorted sandwiches</u>	<u>Assorted sandwiches</u>	<u>Assorted sandwiches</u>
<p>Bread  Cheese  Tuna  Ham n/a</p> <p>Salad Bar: Bread  Eggs </p> <p>Jacket Potato: Tuna  Cheese </p>	<p>Bread  Cheese  Tuna  Ham n/a</p> <p>Salad Bar: Bread  Eggs </p> <p>Jacket Potato: Tuna  Cheese </p>	<p>Bread  Cheese  Tuna  Ham n/a</p> <p>Salad Bar: Bread  Eggs </p> <p>Jacket Potato: Tuna  Cheese </p>	<p>Bread  Cheese  Tuna  Ham n/a</p> <p>Salad Bar: Bread  Eggs </p> <p>Jacket Potato: Tuna  Cheese </p>	<p>Bread  Cheese  Tuna  Ham n/a</p> <p>Salad Bar: Bread  Eggs </p> <p>Jacket Potato: Tuna  Cheese </p>
<u>Assorted Desserts</u>	<u>Assorted Desserts</u>	<u>Assorted Desserts</u>	<u>Assorted Desserts</u>	<u>Assorted Desserts</u>
<p>Syrup Sponge  &amp; Custard  </p> <p>Milk &amp; Biscuit    </p> <p>Fruit Juice &amp; Biscuit   </p> <p>Yoghurt </p> <p>Fruit Smoothie </p> <p>Ice Cream Tub </p> <p>Cheesecake   </p> <p>(Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p>Iced Cake    &amp; Custard  </p> <p>Milk &amp; Biscuit    </p> <p>Fruit Juice &amp; Biscuit   </p> <p>Yoghurt </p> <p>Fruit Smoothie </p> <p>Ice Cream Tub </p> <p>Cheesecake   </p> <p>(Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p>Ice Cream Roll  </p> <p>Milk &amp; Biscuit    </p> <p>Fruit Juice &amp; Biscuit   </p> <p>Yoghurt </p> <p>Fruit Smoothie </p> <p>Ice Cream Tub </p> <p>Cheesecake   </p> <p>(Fresh Fruit, Fruit Pot, Fruit Jelly n/a)</p>	<p>Sultana Pudding &amp; Custard </p> <p>Milk &amp; Biscuit    </p> <p>Fruit Juice &amp; Biscuit   </p> <p>Yoghurt </p> <p>Fruit Smoothie </p> <p>Ice Cream Tub </p> <p>Cheesecake   </p> <p>(Fresh Fruit, Fruit Pot &amp; Fruit Jelly n/a)</p>	<p>Ice Cream Tub </p> <p>Milk &amp; Biscuit    </p> <p>Fruit Juice &amp; Biscuit   </p> <p>Yoghurt </p> <p>Fruit Smoothie </p> <p>Cheesecake   </p> <p>(Fresh Fruit, Fruit Pot &amp; Fruit Jelly Pot – n/a)</p>

## COLOUR CODED KEY TO IDENTIFY THE 14 ALLERGEN FOOD GROUPS

- |               |                      |  |                                 |
|---------------|----------------------|--|---------------------------------|
| 1) Eggs ●     | 2) Milk ●            | 3) Shellfish (not currently used as an ingredient) |                                 |
| 4) Molluscs ● | 5) Fish ●            | 6) Peanuts ●                                       | 7) Sesame ●                     |
| 8) Soya ●     | 9) Sulphur Dioxide ○ | 10) Nuts ●   | 11) Cereals containing Gluten ● |
| 12) Celery ●  | 13) Mustard ○        | 14) Lupin ●  |                                 |

If you have any further concerns regarding food allergies or questions about our school menu, please do not hesitate to contact us and we will do our best to help. Thank you.