



Seadown School Lunch Autumn-Winter Menu 2019/20

	Week 1	Week 2	Week 3	Week 4
Monday	Sausage, mash potato and beans Or Sandwich or wrap with choice of filling Pudding: Fruit pie and custard	Gammon, chips and beans Or Sandwich or wrap with choice of filling Pudding: Fruit crumble	Meatballs, mash, vegetables and gravy Or Sandwich or wrap with choice of filling Pudding: Cheese cake	Cottage pie with vegetables Or Sandwich or wrap with choice of filling Pudding: Fresh fruit salad
Tuesday	Lasagne with peas and sweetcorn Or Sandwich or wrap with choice of filling Pudding: Yoghurt	Sausage casserole Or Sandwich or wrap with choice of filling Pudding: Homemade fruit muffins	Pie, new potatoes, cauliflower cheese and gravy Or Sandwich or wrap with choice of filling Pudding: Fresh fruit salad	Chicken wraps, potato wedges, chips or rice and side salad Or Sandwich or wrap with choice of filling Pudding: Rice pudding
Wednesday	BBQ chicken fillet burger, potato wedges and side salad Or Sandwich or wrap with choice of filling Pudding: Rice pudding	Roast dinner with gravy Or Sandwich or wrap with choice of filling Pudding: Yoghurt	Spaghetti bolognese with side salad Or Sandwich or wrap with choice of filling Pudding: Fruit Crumble and cream	Quiche, new potatoes and beans with side salad Or Sandwich or wrap with choice of filling Pudding: Fruit upside down cake and custard
Thursday	Beef stew and dumplings Or Sandwich or wrap with choice of filling Pudding: Homemade fruit sponge cake	Jacket potato with choice of filling and side salad Or Sandwich or wrap with choice of filling Pudding: Jelly and fruit	Soup and rolls or Sandwich or wrap with choice of filling Pudding: Yoghurt	Chicken casserole or Sandwich or wrap with choice of filling Pudding: Jelly and fruit
Friday	Fish fillets, peas and chips Or Sandwich or wrap with choice of filling Pudding: Jelly with fruit	Fish fingers, peas and chips Or Sandwich or wrap with choice of filling Pudding: Fruit flan and cream	Fish fillets, peas and chips or Sandwich or wrap with choice of filling Pudding: Ginger sponge and custard	Fish fingers, peas and chips or Sandwich or wrap with choice of filling Pudding: Yoghurt

Fresh fruit will be available every day. A vegetarian and dairy free option can always be provided for pupils, please ask.