

Seadown School Spring/Summer Lunch Menu



	Week 1	Week 2	Week 3	Week 4
Monday	Spaghetti meatballs, peas and sweetcorn Or Sandwich with choice of filling Pudding: Cheese cake	Jacket potato with choice of filling and side salad Or Sandwich with choice of filling Pudding: Yogurt	Hot dogs, potato wedges and side salad Or Sandwich with choice of filling Pudding: Fresh fruit salad	Homemade burgers, potato wedges and side salad Or Sandwich with choice of filling Pudding: Yogurt
Tuesday	Quiche, new potatoes and side salad Or Sandwich with choice of filling Pudding: Homemade pineapple and coconut cake	Chicken and bacon pasta bake, peas and sweetcorn Or Sandwich with choice of filling Pudding: Fresh fruit salad	Spaghetti bolognese and side salad Or Sandwich with choice of filling Pudding: Fruit crumble	Chicken drummers, green beans and rice Or Sandwich with choice of filling Pudding: Fruit flan and cream
Wednesday	Cottage pie and vegetables or Sandwich with choice of filling Pudding: Jelly and fruit	Pie, veg, new potatoes and gravy or Sandwich with choice of filling Pudding: Homemade lemon drizzle cake	Gammon, chips and beans or Sandwich with choice of filling Pudding: Yogurt	Sausage pasta bake and side salad or Sandwich with choice of filling Pudding: Homemade fruit muffins
Thursday	Chicken wraps, potato wedges and side salad or Sandwich with choice of filling Pudding: Yogurt	Lasagne with side salad or Sandwich with choice of filling Pudding: Jelly with fruit	Pork flat breads, potato wedges and side salad or Sandwich with choice of filling Pudding: Homemade banana and cinnamon cake	Breaded chicken strips, new potatoes and beans or Sandwich with choice of filling Pudding: Fruit pie and custard
Friday	Fish fingers, peas and chips Or Sandwich with choice of filling Pudding: Fresh fruit salad	Fish fillet, peas and chips Or Sandwich with choice of filling Pudding: Homemade fruit sponge	Fish fingers, peas and chips or Sandwich with choice of filling Pudding: Jelly and fruit	Fish fillet, peas and chips or Sandwich with choice of filling Pudding: Jelly and ice cream

- Fresh fruit will be available every day. *Through the 4 week period pupils will have the opportunity to be involved in the preparation of food during food technology lessons, where a variety of baking will be done.*
- A vegetarian option can always be provided for pupils.