

Seadown School Lunch Menu: Spring/Summer



	Week 1	Week 2	Week 3	Week 4
Monday	Meatballs and spaghetti, peas and sweetcorn Or Sandwich with choice of filling Pudding: Cheese cake	Sausage, mash and veg with gravy Or Sandwich with choice of filling Pudding: Yoghurt	Hot dogs, potato wedges and side salad Or Sandwich with choice of filling Pudding: Fresh fruit salad	Homemade burgers, potato wedges and salad Or Sandwich with choice of filling Pudding: Yoghurt
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: Homemade lemon drizzle cake	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	Jacket potato with choice of filling and side salad Or Sandwich with choice of filling Pudding: Fresh fruit skewers	Pie, veg, new potatoes and gravy Or Sandwich with choice of filling Pudding: Fresh fruit salad	Gammon, chips and beans Or Sandwich with choice of filling Pudding: Yoghurt	Cottage pie and vegetables 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: Yoghurt	Lasagne with side salad Or Sandwich with choice of filling Pudding: Jelly with fruit	Pork kebab sticks, flat bread and side salad or Sandwich with choice of filling Pudding: Homemade banana and cinnamon cake	Breaded chicken strips, new potatoes and beans Sandwich with choice of filling Pudding: Fruit pie and custard
Friday	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: 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. Throughout the 4 weeks 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.