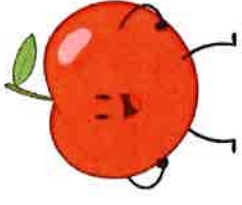


Seaton Primary School – Lunch Menu



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	BBQ Chicken Fillet Wrap DF	Turkey and Broccoli Cheesy Pasta bake	Local Roast Gammon DF, GF	Homemade Pizza, Roasted Tomato Sauce, Mozzarella, Cheddar, Pineapple	Sustainable Oven Baked Breaded Fish Fingers DF
Option 2	BBQ Quorn Fillet Wrap Ve, GF	Roasted Vegetable Lasagne V	Sweet Potato and Vegetable Crumble Ve	Homemade Pizza, Roasted Tomato sauce, Mozzarella, Cheddar V	Oven Baked Vegetable Nuggets V
Option 3	Jacket Potato filled with a choice of West Country Cheddar, Tuna Mayo, Baked Beans GF	Jacket Potato filled with a choice of West Country Cheddar, Tuna Mayo, Baked Beans GF	Jacket Potato filled with a choice of West Country Cheddar, Tuna Mayo, Baked Beans GF	Jacket Potato filled with a choice of West Country Cheddar, Tuna Mayo, Baked Beans GF	Jacket Potato filled with a choice of West Country Cheddar, Tuna Mayo, Baked Beans GF
Side	Steamed Rice, Cucumber Slices, GF,DF	Carrots and Garlic Bread DF,	Roast Potatoes, Parsnips, Swede and Gravy GF, DF, Ve	Sweetcorn Potato Cubes DF, GF	Oven Baked Chips, Peas and Ketchup GF, Ve, DF
Pudding	Warm Pear Sponge Cake or Fresh Fruit DF	Mini Lemon Shortbread, Melon Chunk or Fresh Fruit DF	Cranberry Flapjack DF	Reduced Sugar Strawberry Jelly and Peaches or Fresh Fruit DF, GF	Banana and Chocolate Muffin or Fresh Fruit DF

5th, 19th September, 3rd, 17th October, 7th, 21 November, 5th December

V = Vegetarian, Ve = Vegan, GF = Gluten Free, DF = Dairy Free
All our desserts are homemade in our school kitchen