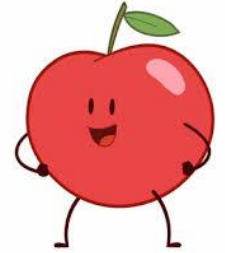




Seaton Primary School – Lunch Menu

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Local Ham and Cheese Pinwheel Swirl	Red Tractor Chicken Meatballs DF	Local Pork Chipolata Yorkshire Pudding (opt)	Haye Farm Organic Beef Bolognaise GF/DF	Sustainable Cod Fish Fingers D/F
Option 2	Ratatouille Pinwheel Swirl Ve	Vegan Squash Veg Balls Ve/GF	Vegan Lentil Root Vegetable Loaf Ve /GF	Homemade Vegan Bolognaise GF/ Ve	Roasted Halloumi Wrap 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	Potato Cubes Baked Beans DF, GF	Roasted Tomato Sauce Steamed Rice Peas/Sweetcorn Ve GF	Roast Potatoes, Cauliflower, Swede and Green Beans, Gravy GF, Ve	Spaghetti Carrots V	Oven Baked Chips, Cucumber Ketchup GF, Ve
Pudding	Mini Chocolate Cookie, Mandarins or Fresh Fruit DF	Vanilla Ice Cream or Fresh Fruit DF Opt available	Paul's Autumn Berries Cake or Fresh Fruit DF	Apple and Blackberry Crumble, Custard or Fresh Fruit	Pear Flapjack Or Fresh Fruit DF

**Week starting: September 1st, 15th, 29th, October 13th
November 3rd, 17th, December 1st, 15th**

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



Seaton Primary School – Lunch Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Salmon Risotto Balls DF/GF	Breaded Chicken Katsu Curry DF	Local Roast Gammon DF, GF	Homemade Cheese and Mozzarella Pizza	Red Tractor Smash Beef burger DF
Option 2	Roasted Tomato and Herby Sea Shell Pasta (Conchiglie) Cheese optional Ve	Vegan Katsu Curry Ve/ GF	Homemade Cauliflower Cheese V	Homemade Cheese, Mozzarella, Mushroom Pizza V	Homemade Three Bean Burger Ve
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 with a choice of West Country Cheddar, Salmon Mayo, Baked Beans GF
Side	Carrots, Garlic Bread D/F	Mixed Vegetables Rice, Naan Bread DF	Roast Potatoes, Peas, Swede, Broccoli and Gravy, GF, DF	Potato Cubes and Cucumber DF	Oven Baked Chips, Lettuce Ketchup GF, DF
Pudding	Fluffy Pancake, Homemade Apple Sauce Or Fresh Fruit	Chocolate Crispy Cake or Fresh Fruit DF opt available	Lemon Drizzle Cake or Fresh Fruit DF	Mini Ginger Cookie, Pineapple or Fresh Fruit DF	Vanilla Shortbread or Fresh Fruit DF

Week starting: Sept 8th, 22nd, October 6th 20th,
November 10th, 24th December 8th

V = Vegetarian, Ve = Vegan, GF = Gluten Free, DF = Dairy Free
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