



Seaton Sluice Middle School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Battered Cod or Pepperoni Calzone Pizza	Beef Mince and Dumplings	Roast Chicken	Chicken Curry	Beef Burger or Chicken Burger or Hot dog
Meat-free Main	Cheesy Calzone Pizza (V)	Vegan Mince (VE) and Dumplings (V)	Vegetable and Cheese Kiev (V)	Vegetable Samosa (VE)	Moving Mountains Burger (VE)
Sides	Potato Wedges Vegetables	Mashed Potato Peas Carrots Gravy	Roasties/Mash Vegetables Yorkshire Pud Gravy	Rice Naan Bread Poppadoms	Fries Chippy Curry Beans
Dessert	Mousse	Fresh Fruit or Biscuit	Chocolate Brownie	Fruit Crumble and Custard	Ice Cream Tub
Alternative Options	Variety of sandwiches / Jacket Potato / Tomato Pasta	Variety of sandwiches / Jacket Potato / Mac and Cheese	Variety of sandwiches / Jacket Potato	Variety of sandwiches / Jacket Potato / Tomato Pasta	Variety of sandwiches



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Bolognese / Lasagne	Cumberland Sausages	Roast Gammon	BBQ Pulled Chicken	Beef Burger or Chicken Burger or Hot dog
Meat-free Main	Vegan Bolognese (VE) / Lasagne (V)	Vegetable Sausages (VE)	Vegan Sausage Roll (VE)	Margherita Pizza Slab (V)	Crispy Nuggets (VE)
Sides	Pasta Garlic Bread	Mashed Potato Peas Gravy	Roasties/Mash Vegetables Yorkshire Pud Gravy	Flatbread Salad	Fries Chippy Curry Beans
Dessert	Cheesecake	Fresh Fruit or Biscuit	School Cake	Fresh Fruit or Biscuit	Ice Cream Tub
Alternative Options	Variety of sandwiches / Jacket Potato / Mac and Cheese	Variety of sandwiches / Jacket Potato / Tomato Pasta	Variety of sandwiches / Jacket Potato	Variety of sandwiches / Jacket Potato / Mac and Cheese	Variety of sandwiches