

# this week's menu



North Tyneside  
Council working in  
partnership with

**Seaton Sluice  
First School**

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Oven baked pork sausages served with chipped potatoes	BBQ glazed chicken served in a bun with oven baked wedges	Pasta Bolognese	Roast turkey served with Yorkshire pudding and roast potatoes	Poached salmon fillet with a parsley sauce served with new potatoes
MEAT FREE CHOICE	Quorn meatballs in a tomato & sweet pepper sauce with penne pasta	Lentil and tomato vegetable pie	Mixed bean and pepper enchilada with a spicy tomato sauce	Sweet potato and chick pea curry served with brown rice	Cheese and tomato pizza served with chipped potatoes
	All served with seasonal vegetables and selection of salads from the salad bar				
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
SWEET CHOICE	Homemade gingerbread served with custard	Golden coconut cookie served with chilled milk & banana	Homemade melting chocolate pudding with peaches & custard	Toffee apple crumble slice served with chilled milk	Frozen yoghurt served with a mini shortbread biscuit
	Fresh fruit salad and yoghurt is available daily				



North Tyneside Council

**FRESH** food  
matters

Menu items subject to change  
Please note that we will always restart on Week 1 following a holiday  
All items subject to availability

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)

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## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Chicken curry served with brown rice	Beef burger served in bun with oven baked potato wedges	Turkey & vegetable pie served with creamed potatoes	Roast gammon served with new potatoes	Oven baked battered fish served with chipped potatoes
MEAT FREE CHOICE	Cheese & onion lattice served with oven baked potato wedges	Ratatouille hot pot	Cheese & tomato pizza	Pasta served in a homemade tomato sauce	Quorn sausages served with chipped potatoes,
	All served with seasonal vegetables and selection of salads from the salad bar				
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
SWEET CHOICE	Lemon drizzle slice with chilled milk	Homemade chocolate beetroot cake served with custard	Ice cream sponge served with sauce and peach slices	Homemade flapjack served with chilled milk	Banana muffin served with chilled milk
	Fresh fruit salad and yoghurt is available daily				



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## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Savoury minced beef & dumpling served with mashed potato	Chicken fillet in a bun served with oven baked potato wedges	Pork & apple hot pot	Roast beef and Yorkshire pudding served with new potatoes	Oven baked fish fingers served with chipped potatoes
MEAT FREE CHOICE	Vegetable fingers served with oven baked potato wedges	Quorn meatballs in a homemade tomato sauce served with wholemeal pasta	Cheese & tomato pizza	Vegetable burger in a bun served with new potatoes	Spinach and ricotta tortellini in a homemade tomato sauce
DAILY	All served with seasonal vegetables and selection of salads from the salad bar				
SWEET CHOICE	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
	Apple and cinnamon swirl served with chilled milk	Homemade chocolate brownie served with chilled milk	Fruit jelly & ice cream served with peaches	Homemade mandarin sponge served with custard	Sticky toffee date sponge served with fudge sauce
	Fresh fruit salad and yoghurt is available daily				



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