

# 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	Sweet chilli chicken wrap served with oven baked potato wedges & salad	Oven baked sausages served with creamed potatoes, peas & sweetcorn	Homemade minced beef pie served with creamed potatoes, carrots & broccoli	Roast pork served with Yorkshire pudding, roast potatoes, cabbage & swede	Oven baked fish fingers served with chips & mushy peas
MEAT FREE CHOICE	Homemade cheese & tomato pizza served with oven baked potato wedges & salad	Stuffed pepper with meat free mince served with oven baked potato wedges & salad	Red lentil and sweet potato curry served with brown rice, peas & sweetcorn	Cheesy meat free meatball pasta served with salad	Vegetable and bean Chow Mein with salad
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Apple crumble served with custard	Chocolate melting pudding with custard	Fruit jelly and ice cream served with peaches	Pancakes with toffee sauce and sliced banana	Jam and coconut sponge with custard
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	Pork meatballs in red onion gravy served with creamed potatoes, broccoli & carrots	Aromatic beef pilaf served with sweetcorn	Chicken enchilada served with oven baked potato wedges & salad	Roast turkey served with Yorkshire pudding, creamed potatoes, cauliflower & green beans	Oven baked fish fillet served with chips & mushy peas
MEAT FREE CHOICE	Vegetable chilli served with brown rice & salad	Homemade cheese & tomato pizza served with oven baked potato wedges & salad	Meat free sausage stew served with creamed potato, cauliflower & green beans	Macaroni cheese served with garlic bread and salad	Meat free cottage pie served with peas & broccoli
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Apple and raspberry crumble cake with custard	Homemade chocolate brownie served with chilled milk	Steamed syrup sponge served with peaches & custard	Ice cream sponge served with raspberry sauce & peaches	Oaty crunch biscuit 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	Minced beef and dumpling served with creamed potatoes, peas & swede	Homemade chicken curry served with brown rice & broccoli	Beef burger in a bun served with oven baked potato wedges & salad	Roast gammon served with Yorkshire pudding, roast potatoes, carrots & peas	Oven baked salmon goujons served with chips & peas
MEAT FREE CHOICE	Meat free chicken fajita served with oven baked potato wedges & salad	Vegetable burger in a bun served with oven baked potato wedges & salad	Homemade vegetable lasagne served with garlic bread & salad	Roasted vegetable wrap served with salsa, roast potatoes & salad	Homemade cheese & tomato pizza served with chips & salad
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Chocolate and orange sponge with custard	Blueberry muffin served with milk drink	Lemon drizzle sponge served with mandarin oranges & custard	Very berry sponge served with custard	Homemade flapjack served with chilled milk
Fresh fruit salad and yoghurt is available daily					



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