

Monday Café

Main Hall -Term time only - 10.30 - 12.30

Homemade soups, snacks, toasties, cakes and scones

If you have allergies or food sensitivities please report to the kitchen staff so that we can try to meet your needs

The 14 allergens are:

- Celery, celery salt
- Cereals containing gluten – including wheat (such as spelt and Khorasan), rye, barley and oats
- Crustaceans – such as prawns, crabs and lobsters
- Eggs (some prepared mixes contain egg powder)
- Fish (Worcester sauce contains anchovies)
- Lupin (sometimes included in flour)
- Milk, cheese, cream, (dried milk is often in packet products)
- Molluscs – such as mussels and oysters
- Mustard (powder, sauce, often used in salad dressings)
- Tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- Peanuts (oil, butter, also known as groundnuts or monkeynuts)
- Sesame seeds (sesame oil, Tahini often used in hummus)
- Soybeans (tofu, soya milk, soya flour, soy sauce)
- Sulphur dioxide and sulphites

(if they are at a concentration of more than ten parts per million)

Northumberland County Council Library

Books & Magazines, DVDs, Computers & Wifi; Photocopying

Monday: 3pm to 7pm

Wednesday: 10am to noon & 1pm to 5pm

Friday: 3pm to 5pm

Seaton Sluice Community Centre



Lunch Club

January to March 2020

Thursdays - £4

12:00 - 1:00pm

**Vegetarian, Lactose & Gluten free options
available if booked in advance**

Please book your regular space

**Once you are on the list we assume
you will attend**

Please inform us by the **previous Tuesday** or as soon as possible if you can't attend

Seaton Sluice Community Centre

9th Jan	Sausage & Onion Gravy Seasonal Vegetables Rice Pudding, Fruit/Jam
16th Jan	Lamb Hotpot & Garlic Bread Seasonal Vegetables Cheesecake & Fresh Cream
23rd Jan	Roast Beef Dinner Seasonal Vegetables Claire's Ice cream Sundae
30th Jan	Steak & Kidney Casserole Seasonal Vegetables Baked Apple & Custard
6th Feb	Shepherds Pie, Garlic Bread Seasonal Vegetables Rice Pudding, Fruit/Jam
13th Feb	Chicken Casserole Seasonal Vegetables Rhubarb Pie & Custard

Lunch Club - Jan / Feb / March

20th Feb	Liver & Onions Seasonal Vegetables Profiteroles
27th Feb	Mince & Onion Pie Seasonal Vegetables Bread & Butter Pudding & Custard
5th Mar	Sausage & Onion Gravy Seasonal Vegetables Rice Pudding, Fruit/Jam
12th Mar	Ham & Baked Potatoes Trimnings Cherry Tart & Custard
19th Mar	Mince & Herb Dumplings Seasonal Vegetables Meringue Nests & Fresh Cream
26th Mar	Pork Chops Seasonal Vegetables Rhubarb Crumble & Custard