

**Sacred Heart of Mary Girls School**  
**November 2021**

Week Beginning Mon 1 <sup>st</sup> - Fri 5 <sup>th</sup> Nov	Week Beginning Mon 8 <sup>th</sup> -Fri 12 <sup>th</sup> Nov	Week Beginning Mon 15 <sup>th</sup> -Fri 19 <sup>th</sup> Nov	Week Beginning Mon 22 <sup>nd</sup> -Fri 26 <sup>th</sup> Nov
<b>Mon – BBQ Chicken with Vegetable Rice or Veg in Blackbean Sauce</b>  <b>Tues -Beef Casserole or Vegetable &amp; Chickpea Tagine</b>  <b>Wed – Pork Meatballs &amp; Spaghetti or Creamy Mushroom Spaghetti</b>  <b>Thurs -Chicken Nugget &amp; Chips</b>  <b>Fri – Macaroni Cheese or Jollof Rice</b>	<b>Mon –Chilli Beef &amp; Rice or Vegetable Chilli &amp; Rice</b>  <b>Tues -Assorted Pasta Dishes</b>  <b>Wed –Sweet &amp; Sour Chicken with Noodles or Vegetable Chow Mein</b>  <b>Thurs – Shepherds Pie or Vegetable Hot Pot</b>  <b>Fri –Fish &amp; Chips</b>	<b>Mon –Mediterranean Chicken &amp; Pasta or Tomato &amp; Mixed Pepper sauce</b>  <b>Tues -Beef Steak &amp; Onion Pie or Cheese &amp; Spinach Filo Pastry Pie</b>  <b>Wed – Chicken Curry &amp; Rice or Vegetable Curry &amp; Rice</b>  <b>Thurs -Jamaican Patties &amp; Chips</b>  <b>Fri –School Half Day</b>	<b>Mon – Thai Chicken Curry &amp; Rice or Sweet &amp; Sour Vegetables &amp; Rice</b>  <b>Tues -Spaghetti Bolognese or Spaghetti in Tomato &amp; Basil sauce</b>  <b>Wed – Chicken &amp; Ham Pie or Feta Cheese &amp; Courgette Quiche</b>  <b>Chilli Beef Fajitas or Vegetable Fajitas</b>  <b>Fri – Home made Fishcakes or Sweetcorn Courgette Fritters &amp; Chips</b>

**All our main meals are home made from fresh ingredients**

Breakfast Menu Available Daily from 8.00 – 8.30 am
<b>Bacon in a Roll</b> <b>Toast</b> <b>Croissants</b> <b>Fruit</b> <b>Yoghurts</b>

Alternative Lunchtime Menu Available Throughout Lunchtime
<b>Hot Pasta &amp; Sauce</b> <b>Freshly Made Soup</b> <b>Jacket Potatoes</b>  <b>Cold Wraps</b> <b>Baguettes (Various Fillings)</b> <b>Choice of Sandwiches &amp; Rolls</b>

Morning Break Menu
<b>Various Paninis</b> <b>Cold Wraps</b> <b>Baguettes (Various Fillings)</b> <b>Choice of Sandwiches &amp; Rolls</b> <b>Pizza</b>

**Fruit Juices and Bottled Water are available to Purchase**  
**FREE DRINKING WATER IS AVAILABLE THROUGHOUT THE SCHOOL DAY**