

Sacred Heart of Mary Girls School MENU

October 2021

Week Beginning Mon Sept 27 th -Fri Oct 1 st	Week Beginning Mon 4 th – Fri 8 th Oct	Week Beginning Mon 11 th - Fri 15 th Oct	Week Beginning Mon 18 th – Fri 22 nd Oct
<p>Mon – Thai Chicken Curry or Vegetables in Sweet & Sour Sauce</p> <p>Tue-Beef Casserole or Cheese & Spinach Filo Pastry Pie</p> <p>Wed – Assorted Pasta Dishes</p> <p>Thurs –Shepherds Pie or Vegetable Hot Pot</p> <p>Fri – Southern Fried Chicken & Chips</p>	<p>Mon – Mexican Chicken & Rice or Vegetable Chilli</p> <p>Tues -Spaghetti Bolognese or Spaghetti Prima Vera</p> <p>Wed – Chicken & Mushroom Pie or Feta Cheese & Tomato Quiche</p> <p>Thurs- Jamaican Patties & Jerk Seasoned Wedges or Jollof Rice</p> <p>Fri – Non Pupil Day</p>	<p>Mon – Chicken & Chorizo Paella or Vegan Sausage Paella</p> <p>Tues -Minced Beef & Onion Pie or Courgette & Sundried Tomato Quiche</p> <p>Wed – Chicken Supreme & Pasta or Vegetable Ratatouille</p> <p>Thurs -Jamaican Jerk Chicken Rice & Peas or West African Okra stew</p> <p>Fri –Cheese & Onion Quiche</p>	<p>Mon – Chinese Chicken & Rice or Mushroom Stoganoff & Rice</p> <p>Tues – Sausage & Mash or Cheese Leek & Potato Pie</p> <p>Wed- Chicken Quesadillas or Vegetable Quesadillas</p> <p>Thurs - Curry Goat & Rice or Sweet Potato & Chickpea Curry & Rice</p> <p>Fri – Cheese Burger & Chips or Vegetable Burger</p>

All our main meals are home made from fresh ingredients

Breakfast Menu Available Daily from 8.00 – 8.30 am

Bacon in a Roll
Brown & White Toast
Croissants
Fruit
Yoghurts

Alternative Lunchtime Menu Available Throughout Lunchtime

Hot Pasta & Sauce
Jacket Potatoes

Cold Wraps
Baguettes (Various Fillings)
Choice of Sandwiches & Rolls

Morning Break Menu

Various Paninis
Cold Wraps
Baguettes (Various Fillings)
Choice of Sandwiches & Rolls
Pizza

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