

Sacred Heart of Mary Girls School
January 2022

Week Beginning 4 th - 7 th Jan	Week Beginning 10 th -14 th Jan	Week Beginning 17 th -21 st Jan	Week Beginning 27 th -
Mon – BANK HOLIDAY	Mon – Mediterranean Chicken & Pasta or Creamy Mushroom Pasta	Mon – Beef Pastitsio or Cheese Tortellini in Tomato Sauce	Mon – Chicken Byriani c Byriani
Tue Assorted Pasta Dishes	Tues - Beef Casserole or Vegetable Hotpot	Tues -Chinese Chicken & Noodles or Vegetables in Black Bean Sauce	Tues -Sausage & Mash Leek & Potato l
Wed – Sweet & Sour Chicken & Rice or Sweet & Sour Vegetables	Wed – Tandoori Chicken & Rice or Vegetable Samosas	Wed –SCHOOL HALF DAY	Wed –Spaghetti Bologna Spaghetti in Creamy Mus
Thurs – Beef Lasagne or Vegetable Lasagne	Thurs –Jamaican Patties & Chips	Thurs -Jamaican Lamb Curry & Rice or Sweet Potato & Chickpea Curry	Thurs -Southern Fried l Chips
Fri – Cheese & Spinach Filo Pastry Pie & Chips or Jollof Rice	Fri - Cheese & Tomato Pasta or Vegetable Chow Mein	Fri- Fish Fingers & Chips	Fri – Macaroni Cheese c Tomato Pasta

All our main meals are home made from fresh ingredients

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

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

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

31st Jan

or Vegetable

or Cheese
Pie

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shroom Sce

Chicken &

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