

Sacred Heart of Mary Girls School
Sep-2021

Week Beginning 2 nd -3 rd Sept	Week Beginning 6 th - 10 th Sept	Week Beginning 13 th -17 th Sept	Week Beginning 20 th -24 th Sept
Mon – NON PUPIL DAY	Mon – Chilli Beef & Rice Vegetable Chilli & Rice	Mon – BBQ Chicken & Rice or BBQ Vegetables & Rice	Mon –Mediterranean Chicken or Tomato & Basil Pasta
Tues -NON PUPIL DAY	Tues - Assorted Pasta Dishes	Tues-Chilli Beef Fajitas or Vegetable Fajitas	Tues -Sausage & Mash or Cheese Leek & Potato Pie
Wed – NON PUPIL DAY	Wed –Shepherd’s Pie or Vegetable Shepherd’s Pie	Wed-Pork Meatballs & Spaghetti or Creamy Mushroom Spaghetti	Wed – Tandoori Chicken & Rice or Vegan Samosas
Thurs - Spaghetti Bolognese / Tomato & Mixed Pepper Sauce	Thurs -Sweet & Sour Pork with Rice or Sweet & Sour Vegetables	Thurs - Chicken Curry with Pilau Rice or Vegetable Curry & Rice	Thurs -Beef Lasagne Or Vegan Lasagne
Fri – Fish Fingers & Chips	Fri – Homemade Fish Cakes	Fri – Fish & Chips	Fri –Southern Fried Chicken & Rice or Macaroni Cheese

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
Freshly Made Salads
Jacket Potatoes
Various Paninis
Toasted Sandwiches
Cold Wraps
Baguettes (Various Fillings)
Choice of Sandwiches & Rolls

Morning Break Menu

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