

Sacred Heart of Mary Girls School Sep-2022

Week Beginning Mon 5th -9th Sept	Week Beginning Mon 12th-16th Sept	Week Beginning Mon 19 th -23rd Sept	Week Beginning Mon 26 th
<p>Free Meat Mon –Macaroni Cheese or Vegetable Patties(v)</p> <p>Tues -BBQ Chicken & Rice or BBQ Vegetables & Rice (v)</p> <p>Wed – Spaghetti Bolognese or Tomato & Mixed Pepper Sauce (v)</p> <p>Thurs - Chicken & Ham Pie or Courgette & Red Pepper Quiche</p> <p>Fri – Fish Fingers & Chips</p>	<p>Meat Free Mon – Cheese & Tomato Pasta or Jolloff Rice(v)</p> <p>Tues -Shepherd’s Pie or Vegetable Hot Pot(v)</p> <p>Wed –Mediterranean Chicken & Pasta or Vegetable ratatouille(v)</p> <p>Thurs -Chilli Beef & Rice Vegetable Chilli & Rice (v)</p> <p>Fri – Homemade Fish Cakes</p>	<p>Meat Free Mon – Vegetable Chow Mein (v) or Cheese & Tomato Quiche</p> <p>Tues-Chilli Beef Fajitas or Vegetable Fajitas (vegan option)</p> <p>Wed Swedish Meatballs & Mash or Vegan Sausage & Mash (v)</p> <p>Thurs - Jerk Chicken Rice & Peas Sweet Potato & Chickpea Curry (v)</p> <p>Fri – Fish & Chips</p>	<p>Meat Free Mon –Vegetable (v)or Cheese & Tomato</p> <p>Tues -Sausage & Mash or & Potato Pie</p> <p>Wed – Chicken Curry & Vegetable Curry & Rice</p> <p>Thurs -Beef Lasagne & Lasagne(v)</p> <p>Fri –Southern Fried Chicken & Macaroni Cheese</p>

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 Salads Jacket Potatoes Various Paninis Toasted Sandwiches Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls</p>

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

h-30th Sept

ble Biryani
to Pasta

Cheese Leek

& Rice or
rice (v)

or Vegan

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