

Sacred Heart of Mary Girls School

Menu October 2022

Week Beginning Mon 3rd -Fri 7th Oct

**Mon –Roasted Vegetable Jambalaya (v) or
Creamy Mushroom Pasta Bake**

**Tues –Beef Casserole or Cheese & Spinach Filo
Pastry Pie**

**Wed – Mexican Chicken & Rice or Vegetable
Chilli & Rice (v)**

**Thurs- Spaghetti Bolognese or Tomato &
Mixed Pepper Sauce (v)**

Fri –Non Pupil Day

Week Beginning Mon 10th -14th Oct

**Mon – Sweet Potato & Chickpea Curry & Rice or
Sweet & Sour Vegetables & Rice (v)**

**Tues -Chicken & Sweetcorn Pie or Sundried
Tomato & Feta Quiche**

**Wed –Minced Beef Pastitsio or Cauliflower
Cheese**

**Thurs – Tandoori Chicken Pilau Rice or
Vegetable Samosas (v)**

**Fri – Salmon & Leek Pie or Jamaican Patties
(vegan option) & Chips**

Week Beginning Mon 17th – Fri 21st Oct

**Mon – Macaroni Cheese or BBQ Vegetables
& Rice (v)**

**Tues –Minced Beef & Onion Pie & Mash or
Vegetable Hot Pot (v)**

**Wed-Chicken Enchiladas or Vegetable
Enchiladas (vegan option)**

**Thurs –Curry Goat Rice & Peas or Butternut
Squash & Kale Curry (v)**

**Fri – Cheese Burger & Chips or Vegetable
Burger (vegan option) & Chips**

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 Soups
Jacket Potatoes
Various Paninis
Toasted Sandwiches
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**