

**Sacred Heart of Mary Girls School**  
**November 2022**

Week Beg Mon 31st Oct - Fri 4th Nov	Week Beg Mon 7 <sup>th</sup> -Fri 11 <sup>th</sup> Nov	Week Beg Mon 14th-Fri 18 <sup>th</sup> Nov	Week Beg Mon 21st-Fri 25 <sup>th</sup> Nov
Mon –Cheese & Tomato Pasta or Vegetable Fried Rice (V)	Mon –Macaroni Cheese or Sweet Potato & Chickpea Curry & Rice(V)	Mon –Vegetables in Blackbean Sauce & Rice (V) or Cheese Leek & Potato Pie	Mon – Jollof Rice(V) or Creamy Mushroom Pasta
Tues -Sweet & Sour Chicken & Noodles or Vegetable Chow Mein	Tues -Chicken & Chorizo Paella or Vegetable Paella (V)	Tues -Spaghetti Bolognese or Spaghetti in Tomato & Basil sauce(V)	Tues - Chicken Curry & Rice or Vegetable Curry & Rice(V)
Wed – Shepherds Pie or Vegetable Hot Pot (V)	Wed –Chilli Beef Fajitas or Vegetable Fajitas(V)	Wed –Sausage & Mash or Vegan Sausage & Mash(V)	Wed –Beef Lasagne or Vegetable Lasagne (V)
Thurs -Beef Chilli & Rice or Vegetable Chilli (V)	Thurs –Mediterranean Chicken & Pasta or Vegetable Ratatouille (V)	Thurs Jerk Chicken Rice & Peas or Mushroom Stroganoff & Rice	Thurs- Chicken Quesadillas or Vegetable Quesadillas
Fri –Cheese Burger & Chips or Veggie Burger(V)	Fri –Fish & Chips or Vegetable Patty(V)	Fri – Home made Fishcakes or Vegetable Fritters(V) & Chips	Fri –Fish Fingers & Chips or Vegetable Samosas (V)

**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 Toast Croissants Fruit Yoghurts</p>

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

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

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