

Sacred Heart of Mary Girls School

December 2022

Week Beg Mon 28th Nov - Fri 2nd Dec	Week Beg Mon 5th- Fri 9th Dec	Week Beg Mon 12th -Fri 16th Dec	Week Beg Mon 19th -Fri 23rd Dec
Mon –Cheese & Tomato Pasta or Vegetable Fried Rice (V)	Mon –Vegetable Chow Mein & (V) or Butternut Squash & Kale Curry (V)	Mon Macaroni Cheese or Sweet & Sour Vegetables & Rice (V)	Mon – Cheese & Tomato Pasta or Vegetable Biryani (V)
Tues -Shepherds Pie or Vegetable Hot Pot (V)	Tues -Mediterranean Chicken & Pasta Vegetable Ratatouille (V)	Tues -Tandoori Chicken & Rice or Vegetable Samosas (V)	Tues School Half Day
Wed – BBQ Chicken & Rice or BBQ Vegetables & Rice(V)	Wed – CHRISTMAS DINNER - TICKET ONLY FOR YRS 12 & 13	Wed Spaghetti Bolognese or Spaghetti with Tomato & Basil Sauce (V)	Wed –School Closed
Thurs -Swedish Meatballs & Pasta or Vegan Meatballs & Pasta(V)	Thurs –CHRISTMAS DINNER - TICKET ONLY FOR YRS 7, 8, & 9	Thurs -Chicken Pie & Mash or Tomato & Feta Quiche	Thurs- School Closed
Fri –Chicken Nugget & Chips or Cheese & Spinach Filo Pastry Pie	Fri – CHRISTMAS DINNER - TICKET ONLY FOR YRS 10 & 11	Fri – Fish & Chips or Vegetable Fritters (V)	Fri –School Closed

All our main meals are home made from fresh ingredients

Breakfast Menu Available Daily from 8.00 – 8.30 am
<p style="text-align: center;">Bacon in a Roll Toast Croissants Fruit Yoghurts</p>

Alternative Lunchtime Menu Available Throughout Lunchtime
<p style="text-align: center;">Hot Pasta & Sauce Freshly Made Soup Jacket Potatoes</p> <p style="text-align: center;">Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls</p>

Morning Break Menu
<p style="text-align: center;">Various Paninis Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls Pizza</p>

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