

Sacred Heart of Mary Girls School

4 Week Menu

Week 1	Week 2	Week 3	Week 4
Mon – Jollof Rice or Creamy Mushroom Pasta	Mon – Cheese & Tomato Pasta or Vegetable Patties	Mon – Mushroom Stroganoff Spaghetti mixed pepper sauce	Mon – Macaroni Cheese or Vegetable Fried Rice
Tue Shepherds Pie or Vegetable Hotpot	Tues -Sweet & Sour Chicken & noodles or Vegetables in Blackbean sauce	Tues -Beef Lasagne or Vegetable Lasagne	Tues Chilli Beef & Rice or Vegetable Chilli
Wed – Chicken Curry & Rice or Vegetable Curry & Rice	Wed – Assorted Pasta Bakes	Wed – Jerk Chicken Rice & Peas or Sweet Potato & Chickpea Curry	Wed – Sausage & Mash or Cheese Leek & Potato Pie
Thurs Spaghetti Bolognese or Vegetable Ratatouille	Thurs – BBQ Pork with Rice or BBQ Veg with Rice	Thurs Minced Beef & Onion Pie or Feta Cheese & Tomato Quiche	Thurs Italian Chicken & Pasta or Pasta in Tomato Sauce
Fri – Fish Fingers & Chips or Cheese & Onion Quiche	Fri - Chicken Nuggets & Chips or Vegetable Samosas	Fri- Fish & Chips or Vegetable Fritters	Fri – Cheese & Spinach Filo Pastry Pie & Chips or Jamaican Patties

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

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