

# 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
Tues - Shepherds Pie or Vegetable Hotpot	Tues - Sweet & Sour Chicken & Noodles or Vegetables in Blackbean sauce	Tues - Beef Lasagne or Cauliflower Cheese	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
<p>Bacon in a Roll Brown &amp; White Toast Croissants Fruit Yoghurts</p>

Alternative Lunchtime Menu Available Throughout Lunchtime
<p>Hot Pasta &amp; Sauce Freshly Made Salads Jacket Potatoes Various Paninis Toasted Sandwiches 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**