

Sacred Heart of Mary Girls School

4 Week Menu

Week 1	Week 2	Week 3	Week 4
Mon – Teriyaki Veg Noodles or Creamy Mushroom Pasta	Mon – Cheese & Tomato Pasta or Jollof Rice	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 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 Beef Meatballs or Vegan Meatballs
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 Pasty & 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 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