

EAT SMART WITH THE LUNCH BUNCH

Sacred Heart P.S.



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October 4 November 2 December 30 December 27 January	Golden Crumbed Fish Fingers Baked Beans / Marrowfat Peas Pasta Spirals / Oven Baked Wedges Vanilla Ice-Cream, Pears & Butterscotch Sauce	Homemade BBQ Chicken Pizza Or Cheese Pizza Coleslaw / Baton Carrots Chips / Mashed Potato Homemade Banana Cake	"Lunch Bunch" Chicken Curry & naan Bread Or Filled Baguette Peas / Roasted Courgette Boiled Rice / Mashed Potato Chocolate & Raspberry Sponge cake & Custard	Roast Pork, Stuffing & Gravy Carrot & Parsnip/ Green beans Mashed / Oven Roast Potato Homemade Popcorn Cookie & orange Wedges	Beef Burger & Bap Broccoli/ Garden Peas Chipped Potatoes / Mashed Potato Frozen Strawberry Mousse
14 October 11 November 9 December 6 January 3 February	Fishfinger "Seadog" Served in a finger Roll Marrowfat Peas /Baked Beans Chipped Potato / Mashed Potato Apple & Pear Crumble with Custard	Savory Beef Mince & Crusty Bread Peas / Baton Carrot Oven Baked Cubed Potato / Mashed Arctic Roll & Winter Berry Sauce	"Lunch Bunch" Chicken Curry & Naan Bread or Peppered chicken Broccoli / Garden Peas Mashed Potato / Boiled Rice Homemade Jam & Coconut Sponge & Custard	Roast Chicken , Stuffing & Gravy Savoy Cabbage & Baton Carrots Mashed / Oven Roast Potato Chocolate Rice Krispie Square	Crispy Baked Chicken Burger & Bap Spaghetti Hoops /Asian Slaw Chipped Potatoes / Mashed potato Raspberry Jelly & Peach Slices
21 October 18 November 16 December 13 January 10 February	Homemade Ham & Cheese Pizza Spaghetti Hoops / Peas Roast potato Wedges / Mashed Potatoes Vanilla Ice-Cream with Pears & Hot Chocolate Sauce	Beef Bolognaise Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta Apple Sponge with Custard	"Lunch Bunch" Chicken Curry & Naan Bread Or Filled Baguette Garden Peas Butternut Squash Chipped Potato / Boiled Rice Frozen Smoothie	Roast Beef, Yorkshire Pudding & Gravy or Salmon fish Fingers & lemon Mayonnaise Carrot & Parsnip / Peas Mashed / Oven Roast Potato Chocolate Cracknel & Custard	Hot Dog & Tomato Ketchup Coleslaw / baked Beans Chipped / Mashed Potatoes Homemade Oatmeal Biscuit & Fruit Pot
28 October 25 November 23 December 20 January	Oven Baked Fish Goujons Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Mashed Potato Chocolate & Raspberry Brownie	Cottage Pie Or Savoury Mince Beef Baton Carrots / Steamed Broccoli Garlic & Herb Potato Wedges / Mashed Potato Ice Cream jelly & Two Fruit	"Lunch Bunch Chicken Curry & Naan Bread Or Filled Baguette broccoli / Butternut Squash Boiled Rice / Mashed Potato Chocolate & Pear Sponge & Custard	Turkey & Ham Stuffing & Gravy Savoy Cabbage / Carrot & Parsnip Mashed / Oven Roast Potato Homemade Flapjack & Orange Wedges	Oven Baked Chicken Nuggets Baked beans / Garden Peas Chipped Potato / Mashed Potato Choice of Fruit Yogurt Pot

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL
DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY