

Sacred Heart P.S. School Meals Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 02/01/23 30/01/23 27/02/23 27/03/23	Breaded Chicken Goujons Sweetcorn, Mashed Potatoes Salad Selection Vanilla Ice Cream, Oranges and Chocolate Sauce	Savoury Minced Steak Mixed Vegetables Mashed Potato Fresh Fruit Selection & Yoghurt	Breast of Chicken Curry & Rice Naan Bread Garden Peas Jam & Coconut Sponge & Custard	Roast Beef Traditional Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Oven Dry Roast & Mashed Potatoes Frozen Yoghurt & Fresh Fruit Selection	Breaded Fish Fingers Tossed Salad/Coleslaw Chips Baked Potato Flakemeal Biscuits & Fresh Fruit Chunks
Week 2 09/01/23 06/02/23 06/03/23 03/04/23	Pasta Bolognaise Crusty Bread Tossed salad Melon, Cheese & Crackers	Breaded Chicken Bites Sweetcorn Mashed Potato Flakemeal Biscuit & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Chocolate Sponge & Custard	Roast Pork Traditional Stuffing Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato Fresh Fruit Selection & Yoghurt	Breaded Fish Fillets Beans Chips Baked Potato Coleslaw Jelly, Ice Cream and Fresh Fruit
Week 3 16/01/23 13/02/23 13/03/23	Savoury Minced Steak Sweetcorn & Peas Mashed Potato Raspberry Ripple Ice Cream & Fresh Fruit Chunks	Steak Burger in a Bap Baked Beans Mashed Potato Frozen Smoothie & Fresh Fruit	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Fruit Sponge & Custard	Roast Breast of Chicken Traditional stuffing Gravy Carrot & Parsnip Oven Dry Roast & Mashed Potato Popcorn Cookies & Watermelon Chunks	Salmon Fish Cake/Breaded fish Coleslaw Tossed Salad Chips Baked Potato Fresh Fruit Selection & Yoghurts
Week 4 23/01/23 20/02/23 20/03/23	Oven Baked Sausages Baked Beans Mashed potatoes Arctic Roll & Selection of Fresh Fruit	Pasta Bolognaise Crusty Bread Sweetcorn Melon, Cheese & Crackers	Breast of Chicken Curry with Boiled Rice Naan Bread Garden Peas Baked Potato Fruit Sponge & Custard	Roast Beef Traditional stuffing Gravy Savoy cabbage Oven Roast Dry & Mashed Potato Fresh Fruit Selection & Yoghurt	Breaded Fish Fillets Chips Baked Potato Tossed Salad Coleslaw Flakemeal Biscuit & Fruit Chunks

*Breads
Milk, Water
A Choice of Fresh
Fruit & Yoghurt
Available Daily*

*If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form*

Menu choices subject to deliveries



Fresh Fish May Contain Bones