

School Lunch Menu: Sacred Heart P.S.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 03/01/22 31/01/22 28/02/22 28/03/22	Brown stew Crusty bread Fresh Diced Turnip & carrots Mashed Potato Ice Cream tub & Fruit	Oven Baked Breaded Chicken Goujons Selection of Dipping Sauces Garden Peas Selection of Salads Mashed Potato & gravy Fresh Fruit & Yoghurt	Breast of Chicken Curry with Boiled Rice, Naan Bread Fresh Carrot Cucumber sticks Carrot Cake & Fruit	Roast Loin Pork Apple Sauce Stuffing, Gravy Fresh Baton Carrots Broccoli Florets Dry Roast Potatoes Mashed Potato Egg sponge & Fruit	Salmon Fishcake Sweetcorn Crunchy Coleslaw Pasta Salad, Tossed Salad Chips Mashed potato Fresh fruit with Yoghurt
WEEK 2 10/01/22 07/02/22 07/03/22 04/04/22	Spaghetti Bolognese Grated Cheese Sliced Crusty Baguettes Broccoli Florets Fresh Baton Carrots Homemade Flakemeal Biscuit & Fruit	Fresh Breaded Cod with Lemon Slice, Tartar Sauce Baked Beans Tossed salad Mashed Potato & gravy Crackers, Cheese & Fruit	Breast of Chicken Curry with Boiled Rice, Naan Bread Crunchy Fresh Coleslaw Garden Peas Homemade Shortbread & fresh Fruit	Roast Beef, Stuffing, Gravy, Cauliflower Cheese, Fresh Carrots & Parsnip Dry roast potato, mashed potato Melon Slice & Yoghurt	Breaded Chicken Goujons Selection of Salads, Salsa Dip Sweetcorn Chips Baked Potato Jelly & Fruit
WEEK 3 17/01/22 14/02/22 14/03/22 11/04/22	Savoury Mince & Onion Fresh Baton Carrots Broccoli Florets Mashed Potato Chocolate Sponge & Fruit	Breaded Cod Fish Fingers Baked Beans Sweetcorn Mashed Potato Gravy Egg sponge & Fruit	Breast of Chicken Curry with Boiled Rice, Naan Bread French Green beans Tossed salad Flakemeal Biscuit & fresh fruit	Roast Turk Stuffing Cranberry Sauce, Gravy Fresh Carrot & Parsnip Fresh Savoy Cabbage Dry Roast Potatoes Mashed Potato Homemade Shortbread & Fruit	Hotdog, Carrot and Cucumber sticks With Homemade Garlic Dip Peas Chips Mashed potato Raspberry Ripple Ice Cream & Fresh Fruit
WEEK 4 24/01/22 21/02/22 21/03/22	Fresh Breaded Cod Fillets Lemon Slice and Tartar Sauce, Baked Beans Tossed salad Mashed Potato Gravy Flakemeal Biscuit & Fruit	Brown stew Broccoli Florets Sweetcorn Mashed potato Wheaten bread Strawberry Mousse & Fresh Fruit	Breast of Chicken Curry with Boiled Rice, Naan Bread Garden Peas & crunchy coleslaw Iced Sponge & Fruit	Roast Beef Stuffing, Gravy Cauliflower with Cheese Sauce Fresh Baton Carrots Dry Roast Potatoes Mashed Potato Chocolate Brownie & Fruit	Homemade Marguerita Pizza Crunchy Fresh Coleslaw Tossed salad Pasta Salad Baked Potato Chips Ice cream tub & fresh fruit

*Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily*

*Selection of fresh
Salads available
daily*

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

