

SACRED HEART COLLEGE

WEEK ONE

Week Beginning
31 Aug, 28 Sep,
26 Oct, 23 Nov,
21 Dec, 25 Jan,
22 Feb, 22 Mar,
19 April, 17 May,
14 June

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Vegetable Soup & Crusty Roll	Homemade Leek & Potato Soup & Crusty Roll	Homemade Vegetable Soup & Crusty Roll	Homemade Creamy Chicken Soup & Crusty Roll	Homemade Vegetable Soup & Crusty Roll
Spaghetti Bolognese & Garlic Bread	Homemade Cottage Pie & Gravy	Chicken Curry, & Naan Bread	Roast Gammon, Herb Stuffing, Gravy/Parsley Sauce	Crispy Chicken Tacos
Breaded Fillet of Fish & Parsley Sauce	Honey, Salt & Chilli Chicken Noodles	Stuffed Sausage & Bacon Roll & Gravy	Oven Baked Salmon	Pasta Bake & Wheaten Bread
Chips/Mashed or Baked Potato	Oven baked Potato Wedges/Mash Potatoes	Boiled Rice/Mashed Potato	Oven Roast Potato/Mashed Potato	Chips/Mashed or Baked Potatoes
Baton Carrots/Garden Peas	Sweetcorn/Broccoli	Steamed Cabbage/Steamed Mixed Vegetables	Cauliflower Mornay/Baton Carrots	Garden Peas/Sweetcorn
Margherita Pizza Slice	Pork Sausage Hotdog with Sauté Onions & Ketchup	Flame Cooked BBQ Ribs in a Deli Roll	Goujon Chicken Wrap	Beef Burger & Bap with Cheese & Sauté Onions
Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis	Baked Potato with filling of your choice	Baked Potato with filling of your choice	Cheesy Chip with Curry Sauce/Gravy & Stuffing
Cheesy Chip with Curry Sauce/Gravy & Stuffing	Baked Potato with filling of your choice	Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis
Homemade Fruit Muffin	Iced Sponge & Custard	Fruit Meringue Nests & Strawberry Jelly	Rice Krispie Squares	Homemade Shortbread
Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily

SNACK ITEMS



Why not try something from our range of healthy snack items?

GRAB & GO SALAD BAR



We serve a selection of Grab & Go items such as sandwiches, wraps, panini, salads, burgers & soups.

SWEET TREATS



Fancy something sweet... we have lots of options.

FLAVOURS OF THE WORLD



Check Out Our Daily Flavours Of The World Dish!

If you require any additional information on allergens or special diets please contact your school.

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Homemade Vegetable Soup & Crusty Roll	Homemade Leek & Potato Soup & Crusty Roll	Homemade Vegetable Soup & Crusty Roll	Homemade Chicken Noodle Soup & Crusty Roll	Homemade Vegetable Soup & Crusty Roll
Chicken Curry & Naan Bread	Homemade Lasagne & Garlic Bread	Breaded Fillet of Fish & Parsley Sauce	Roast Beef, Herb Stuffing, Yorkshire Pudding & Gravy	Chicken Korma & Boiled Rice
Mac 'n' Cheese & Garlic Bread	Peri-Peri Roast Chicken & Spicy Rice	Homemade Irish Stew & Wheaten Bread	Chicken & Broccoli Bake	Chilli Beef Nachos With sour cream & Guacamole
Steamed Rice/Mashed or Baked Potato	Chips/Mashed or Baked Potato	Oven baked Potato Wedges/Mashed Potatoes	Oven Roast Potato/Mashed Potato	Chips/Mashed or Baked Potato
Baton Carrots/Broccoli	Steamed Mixed Vegetables/Butternut Squash	Mushy Peas/Sweetcorn	Broccoli/Baton Carrots	Garden Peas/Sweetcorn
Pork Sausage Hotdog with Sauté Onions & Ketchup	Cheesy Chip with Curry Sauce/Gravy & Stuffing	Beef Burger & Bap with Cheese & Sauté Onions	Chicken Wings with sauce of your choice	Cheesy Chip with Curry Sauce/Gravy & Stuffing
Oven Baked Cod Goujons	Chicken Goujons with dip of your choice	Selection of Freshly Baked Paninis	Baked Potato with filling of your choice	Chicken Fillet Burger & Bap
Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis	Baked Potato with filling of your choice	Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis
Homemade Banana Muffin	Flakemeal Biscuit	Chocolate Sponge & Custard	Rocky Road Slice	Ginger Biscuit
Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily

SNACK ITEMS



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GRAB & GO SALAD BAR



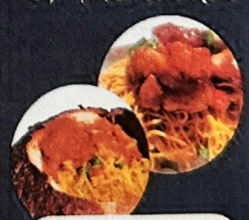
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Honey Salt & Chilli Chicken Noodles	Katsu Curry	Chicken Curry & Naan Bread	Roast Turkey Breast, Savoury Stuffing & Gravy	Chicken Crumble & Wheaten Bread
Homemade Cottage Pie & Gravy	Oven Baked Fillet of Fish & Parsley Sauce	Pasta Bolognese & Garlic Bread	Chicken Stack, Pepper Sauce & Crispy Onions	Sweet & Sour Chicken & Boiled Rice
Chips/Mashed or Baked Potato	Steamed Rice/Mashed or Baked Potato	Steamed Rice/Oven Baked Potato Wedges	Oven Roast Potato/Mashed Potato	Chips/Mashed or Baked Potato
Baton Carrots/ Mixed Vegetable	Sweetcorn/Mushy Peas	Broccoli/Garden Peas	Cauliflower Morney/Baton Carrots	Corn on the Cob/ Steamed Broccoli
Selection of Freshly Baked Paninis	Oven Baked Chicken Goujons	Selection of Freshly Baked Paninis	Baked Potato with filling of your choice	Cheeseburger with Sauté Onions & Ketchup
Pork Sausage Hotdog with Sauté Onions & Ketchup	Selection of Freshly Baked Paninis	Chicken Wings with Sauce of your choice	Oven Baked Cod Goujons	Cheesy Chip with Curry Sauce/Gravy & Stuffing
Margherita Pizza Slice	Smash Burger with Sauté Onions, Cheese Sauce & Burger Bap	Baked Potato with filling of your choice	Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis
Jam & Cream Swiss Roll	Caramel Squares	Jam & Coconut Sponge & Custard	Chocolate Brownie	Fruit Cookie
Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily	Full Salad Bar Available Daily

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Italian-Style Meatballs with Rich Tomato Sauce & Spaghetti	Peppered Chicken & Garlic Bread	Roast Chicken Breast, Savoury Stuffing & Gravy	Chicken Curry & Naan Bread	Pasta Bake & Wheaten Bread
Breaded Fillet of Fish & Parsley Sauce	Mac 'n' Cheese & Garlic Bread	Teriyaki Beef Noodles	Homemade Lasagne & Garlic Bread	Honey Salt & Chilli Chicken Noodles
Chips/Baked or Mashed Potato	Steamed Rice/Mashed Potato	Oven Roast Potato/Mashed Potato	Steamed Rice/ Baked or Mashed Potato	Chips/Mashed Potato
Steamed Mixed Vegetable/Sliced Green Beans	Garden Peas/Butternut Squash	Cauliflower Morney/Steamed Cabbage	Sweetcorn/Baton Carrots	Garden Peas/Corn on the Cob
Southern Fried Chicken Wrap	Beef Burger with Sauté Onions & Bap	Oven Baked Cod Goujons	Flame Cooked BBQ Ribs in a Deli Roll	Chicken Fillet Burger & Bap
Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis	Selection of Freshly Baked Paninis	Pepperoni Pizza Slice	Selection of Freshly Baked Paninis
Margherita Pizza Slice	Breaded Chicken Bites with dip of your Choice	Pork Sausage Hotdog with Sauté Onions & Ketchup	Selection of Freshly Baked Paninis	Baked Potato with filling of your choice
School Cake & Custard	Flakemeal Biscuits	Lemon Drizzle Cake	Chocolate Brownie	Homemade Shortbread
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