

# Sacred Heart College Meal Deals

|   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|---|--|--|--|
| 25/01, 22/02,<br>22/03, 19/04,<br>17/05, 14/06.           | Cheeseburger Pasta Bake<br>Carrots<br>Gravy<br>Mashed Potato<br><br>Apple Crumble<br>Custard                              | Oven Baked Crumb Fish<br>Baked Beans<br>Peas<br>White Sauce<br>Mashed Potato<br><br>Chocolate Swiss Roll<br>Custard | Beef Lasagne<br>Healthy Garlic Bread<br>Mixed Vegetable<br><br>Fruit Sponge Slice<br>Custard                                     | Roast Turkey<br>Stuffing<br>Peas / Cauliflower<br>Gravy<br>Mashed / Dry Oven Roast<br>Potato<br><br>Jammy Joeys<br>Custard | H/M Beef Burger & Bap<br>Broccoli<br>Gravy<br>Mashed Potato /<br>Oven Baked Wedges<br><br>Choc & Orange Moments<br>Custard |
| 04/01, 01/02,<br>01/03, 29/03,<br>26/04, 24/05,<br>21/06. | Chicken Curry & Rice<br>Peas<br>Naan Bread<br><br>German Biscuit<br>Custard   | Spaghetti Bolognese<br>Healthy Garlic Bread<br>Broccoli<br><br>Chocolate Cracknel<br>Custard                        | Vegetarian Quiche<br>Sweetcorn<br>Gravy<br>Mashed Potato / Chips<br><br>Pineapple Upside Sponge<br>Custard                       | Roast Chicken<br>Stuffing<br>Carrots / Peas<br>Gravy<br>Mashed Potato / Baby<br>Boils<br><br>Chocolate Brownie<br>Custard  | Sweet Chilli Chicken &<br>Rice<br>Mixed Vegetables<br>Red Onion Bread<br><br>Fruit Pavlova &<br>Ice-Cream                  |
| 11/01, 08/02,<br>08/03, 05/04,<br>03/05, 31/05,<br>28/06. | Braised Steak<br>Saute Onion<br>Broccoli<br>Gravy<br>Mashed Potato<br><br>Chocolate Cake<br>Chocolate Sauce               | H/M Chicken Fillet<br>Mixed Vegetables<br>Gravy<br>Mashed Potato<br><br>Viennese Stack<br>Custard                   | Roast Beef<br>Yorkshire Pudding<br>Peas & Sweetcorn<br>Gravy<br>Mashed / Dry Oven Roast<br>Potato<br><br>Ginger Bread<br>Custard | Savoury Mince Casserole<br>Carrots<br>Gravy<br>Mashed Potato<br><br>Decorated Sponge<br>Custard                            | Oven Baked Crumb Fish<br>Peas<br>White Sauce<br>Mashed Potato<br><br>Cornflake Slice<br>Custard                            |
| 18/01, 15/02,<br>15/03, 12/04,<br>10/05, 07/06.           | Grilled Salmon Fillet<br>Mixed Vegetable<br>Parsley Sauce<br>Mashed Potato / Baby<br>Boils<br><br>Fruit Square<br>Custard | Peppered Chicken & Rice<br>Sweetcorn / Broccoli<br>Crusty Bread<br><br>Chocolate Brownie<br>Custard                 | House Pizza<br>Baked Beans<br>Side Salad<br>Mashed Potato / Chips<br><br>Rice Krispie Stack<br>Custard                           | Cottage Pie<br>Carrots<br>Gravy<br>Mashed / Dry Oven Roast<br>Potato<br><br>Fruit Meringue Nest<br>Custard                 | Chicken Pasta Bake<br>Peas<br>Gravy<br>Mashed Potato<br><br>Custard Cream<br>Custard                                       |

# school food

Try Something New today

[www.schoolfoodni.com](http://www.schoolfoodni.com)

**WM Bread, Fresh Fruit,  
Salad, Yoghurt, Milk &  
Water are available daily.**

If you require any additional  
information on allergens or  
special diets please contact  
the school in the first instance.



# Post-Primary

# Jan'21 Menu

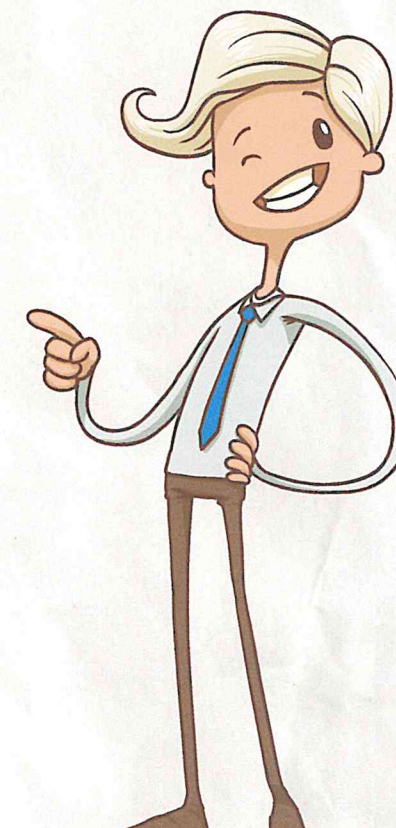
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|---|---|--|---|--|---|
| 25/01, 22/02,<br>22/03, 19/04,<br>17/05, 14/06.           | *Cheeseburger Pasta Bake<br>Hot-Dog<br>Oven Baked Sausage<br>Chicken Melt<br>Mashed Potato / Chips<br>Baked Beans<br>Carrots / Gravy<br>Apple Crumble                 | Vegetarian Pizza<br>Chicken Curry & Rice<br>*Oven Baked Crumb Fish<br>Cheesy Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Peas / Gravy<br>Chocolate Swiss Roll           | Vegetarian Lasagne<br>Beef Lasagne<br>*H/M Chicken Goujon<br>Chicken Sub Roll<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Mixed Vegetable / Gravy<br>Flakemeal Biscuit            | *Mince Pie<br>Roast Turkey / Stuffing<br>Cheesy Melt<br>Soup & Roll<br>Mashed / Dry Oven Roast Potato<br>Baked Beans<br>Peas / Cauliflower/ Gravy<br>Fairy Bun                 | Vegetarian Wrap<br>*Chicken Wrap<br>Beef Burger / Bap<br>Soup & Roll<br>Mashed Potato / Oven Baked Wedges<br>Baked Beans<br>Broccoli / Gravy<br>Choc & Orange Cookie        |
| 04/01, 01/02,<br>01/03, 29/03,<br>26/04, 24/05,<br>21/06. | *Vegetarian Pizza<br>Chicken Curry & Rice<br>Oven Baked Fish<br>Chicken Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Peas / Gravy<br>Shortbread Biscuit     | *Spaghetti Bolognaise<br>*Healthy Garlic Bread<br>Hot-Dog<br>Cheesy Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Broccoli / Gravy<br>Chocolate Cracknel                  | Vegetarian Quiche<br>Chicken Fried Rice & Curry Sauce<br>*Oven Baked Crumb Fish<br>Bacon Melt<br>Mashed Potato / Chips<br>Baked Beans<br>Sweetcorn / Gravy<br>Berry Fruit Muffin        | *Roast Chicken/ Stuffing<br>Macaroni Cheese<br>Chicken Sub Roll<br>Soup & Roll<br>Mashed / Dry Oven Roast Potato<br>Baked Beans<br>Carrots / Peas / Gravy<br>Chocolate Brownie | Sweet Chilli Chicken & Rice<br>*H/M Beef Burger & Bap<br>Chicken Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Mixed Vegetables / Gravy<br>Pavlova & Fruit         |
| 11/01, 08/02,<br>08/03, 05/04,<br>03/05, 31/05,<br>28/06. | Vegetarian Bake<br>*Chicken Bake<br>Braised Steak<br>Spicy Wrap<br>Bacon Melt<br>Mashed Potato / Chips<br>Baked Beans<br>Broccoli / Gravy<br>Chocolate Cake           | *H/M Chicken Fillet Burger<br>Chicken Korma & Rice<br>Cheesy Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Mixed Vegetables / Gravy<br>Viennese Biscuit                   | Vegetarian Wrap<br>Roast Beef / Stuffing<br>*Oven Baked Sausage<br>Hot-Dog<br>Soup & Roll<br>Mashed / Dry Oven Roast Potato / Baked Beans<br>Peas & Sweetcorn / Gravy<br>Ginger Biscuit | Vegetarian Pizza<br>*Savoury Mince<br>Chicken & Broccoli Bake<br>Chicken Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Carrots / Gravy<br>Decorated Sponge            | Chicken Curry & Rice<br>*Oven Baked Crumb Fish<br>Beef Burger / Bap<br>Cheesy Melt<br>Mashed Potato<br>Baked Beans<br>Peas / Gravy<br>Cornflake Biscuit                     |
| 18/01, 15/02,<br>15/03, 12/04,<br>10/05, 07/06.           | Roast Chicken / Stuffing<br>*Baked Salmon<br>Chicken Wrap<br>Soup & Roll<br>Mashed / Dry Oven Roast Potato<br>Baked Beans<br>Mixed Vegetables / Gravy<br>Fruit Cookie | Quorn Bolognaise<br>*Pasta Bolognaise<br>Peppered Chicken / Rice<br>Bacon Melt<br>Soup & Roll<br>Mashed Potato<br>Baked Beans / Broccoli<br>Sweetcorn / Gravy<br>Chocolate Brownie | Chicken Fried Rice & Curry Sauce<br>*House Pizza<br>Hot-Dog<br>Chicken Melt<br>Mashed Potato / Chips<br>Baked Beans<br>Broccoli / Gravy<br>Rice Krispie Stack                           | *Baked Gammon Stuffing<br>Cottage Pie<br>Cheesy Melt<br>Soup & Roll<br>Mashed / Dry Oven Roast Potato<br>Baked Beans<br>Carrots / Gravy<br>Fruit Meringue Nest                 | Vegetarian Curry & Rice<br>*Chicken Curry & Rice<br>Beef Burger / Bap<br>Chicken Pasta Bake<br>Soup & Roll<br>Mashed Potato<br>Baked Beans<br>Peas / Gravy<br>Custard Cream |