

**Sacred Heart of Mary Girls' School
Menu
December 2009**

**Week 1
(Week Beginning 30th Nov)**

**Mon – Chilli Con Carne
Tues – Chicken Lasagne
Wed – Mince Meat Crumble
Thurs – Meat Balls
Fri – Fish Cakes & Chips**



**Week 2
(Week Beginning 7th Dec)**

**Mon – Sausage & Mash
Tues – Shepherd's Pie
Wed – Chicken Curry
Thurs – Assorted Pasta
Fri- Fish Fingers & Chips**



**Week 3
(Week Beginning 14th Dec)**

**Mon – Sweet & Sour Chicken
Tues – Christmas Dinner
Wed – Mediterranean Chicken
Thurs – Spaghetti Bolognese
Fri- School Finishes 12.45**



**All our main meals are home made from fresh ingredients
Vegetarian Options Available Daily**

**Breakfast Menu
Available Daily from 8.00 am – 8.30 am**

**Bacon in a Roll
Sausage in a Roll
White/Brown Toast
Porridge
Assorted Cereals
Fruit
Yoghurts**

**Alternative Lunchtime Menu
Available Throughout Lunchtime**

**Self Service Salad/Fruit Salad Bar
Various Paninis
Hot and Cold Wraps
White or Brown Baguettes (Various
Fillings)
Choice of Sandwiches & Rolls**

**Morning Break
Menu**

**Various Paninis
Hot and Cold Wraps
White or Brown Baguettes (Various Fillings)
Choice of Sandwiches & Rolls
Pizza
Chicken Nuggets (made from 100% chicken Breast)
Waffles**

**Smoothies, Fruit Juices and Bottled Water are available to Purchase
FREE DRINKING WATER IS AVAILABLE THROUGHOUT THE SCHOOL DAY**