

**Sacred Heart of Mary Girls' School
July 2010**

**Week 1
(Week Beginning 5th July)**

**Mon – Chilli Beef Fajitas
Tues – Assorted Pasta
Wed – Savoury Mince
Crumble
Thurs – Spaghetti Meat Balls
Fri – Sports Day**

**Vegetarian Options Available
Daily**

**Week 2
(Week Beginning 12th July)**

**Mon – Chicken Pie
Tues – Sweet & Sour Chicken
with Noodles
Wed – Lasagne
Thurs – Shepherd's Pie
Fri- Fish Fingers**

**Vegetarian Options Available
Daily**

**Week 3
(Week Beginning 19th July)**

**Mon – Chilli Con Carne
Tues – Spaghetti and Meatballs
Wed – Roast Turkey Dinner
Thurs – Sausage & Mash
Fri – School Finishes at 12.45pm**



**Vegetarian Options Available
Daily**

All our main meals are home made from fresh ingredients

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

**Bacon in a Roll
White/Brown Toast
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
Herby Potatoes**

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