

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

**Week 1
(Week Beginning 2nd Nov)**

**Mon – Assorted Pasta
Tues – Lasagne
Wed – Roast Dinner
Thurs – Shepherd's Pie
Fri – Cheese Flan**



**Week 2
(Week Beginning 9th Nov)**

**Mon – Chicken Curry
Tues – Chilli Beef Fajitas
Wed – Spaghetti Bolognese
Thurs – Beef Casserole
Fri- School Finishes 12.45**



**Week 3
(Week Beginning 16th Nov)**

**Mon – Chilli Con Carne
Tues – Savoury Mince Crumble
Wed – Mediterranean Chicken
Thurs – Sweet & Sour Chicken
Fri- Fish Cakes**



**Week 4
(Week Beginning 23rd Nov)**

**Mon – Assorted Pasta
Tues – Chicken Lasagne
Wed – Sausage & Mash
Thurs – Mince Beef Pie
Fri – Fish & Chips**



**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
Waffles**

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