

SACRED HEART CATHOLIC SECONDARY SCHOOL

Autumn Term

MENU 2

<i>LUNCH</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
MEAT & FISH MAIN COURSE	SOUTHERN FRIED CHICKEN	CHILL CON CARNE	LASAGNE	MADRAS CURRY BBQ CHICKEN	BREADED COD
MEAT FREE	MACARONI CHEESE	TORTOLLONI IN TOMOTAO SAUCE	RICE BAKE	VEGETABLE CURRY	SALMON FISH CAKES
CARBOHYDRATE	FRENCH FRIES	NEW POTATOES	GARLIC BREAD	RICE	CHIPS
VEGETABLES	BAKED BEANS/ GARDEN PEAS	SWEETCORN/ MIX VEG	FRESH CABBAGE	SWEET CORN/ BABY CARROTS	PEAS/BAKED BEANS
SWEET	SPONGE/JAM ROLL	SPONGE CAKE/ APPLE CRUMBLE	CHOCOLATE SPONGE	VANILLA SPONGE/ FRUIT CRUMBLE	VANILLA SPONGE/ JAM ROLL
HOT SNACKS	A DAILY SELECTION OF HOMEMADE QUICHES, MACARONI, JACKET POTATOES, OMELETTES AND FISH				
COLD DELI	WIDE SELECTION OF DAILY MADE SALADS AND FRESH FRUIT				
GRAB & GO	<p>SELECTION OF FRESHLY FILLED BAGUETTES AND SANDWICHES.</p> <p>WHOLE CHICKEN BREAST BURGERS, 100% BEEF BURGERS SERVED IN SEEDED BUNS.</p> <p>HOMEMADE CHICKEN FAJITAS AND PIZZA.</p> <p>MUFFINS, BISCUITS AND FAT REDUCED DOUGHNUTS, YOGHURTS AND FRESH FRUIT.</p> <p>SEMI SKIMMED MILK SHAKES, WATER AND FRUIT JUICES.</p>				