

# SACRED HEART CATHOLIC SECONDARY SCHOOL

Autumn Term

MENU 3

<i>LUNCH</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>MEAT &amp; FISH MAIN COURSE</b>	CHICKEN KEBAB	SHEPHERDS PIE	HOME MADE MEAT PIE	JALFEZI CURRY BBQ CHICKEN	BAKED COD FISH FINGERS
<b>MEAT FREE</b>	CHEESE & MUSHROOM PLAIT	GNOCCHI WITH MOZZARELLA	RICE BAKE	DAL	CHEESE OMELETTE
<b>CARBOHYDRATE</b>	CHIPS	GARLIC BREAD	ROAST POTATOES	RICE	CHUNKY CHIPS
<b>VEGETABLES</b>	BAKED BEANS	SWEETCORN/BAKED BEANS	FRESH CABBAGE	GREEN BEANS	MUSHY PEAS
<b>SWEET</b>	VANILLA SPONGE	LEMON SPONGE	APPLE CRUMBLE	CHOCOLATE SPONGE	ICE CREAM ROLL
<b>HOT SNACKS</b>	A DAILY SELECTION OF HOMEMADE QUICHES, MACARONI, JACKET POTATOES, OMELETTES AND FISH				
<b>COLD DELI</b>	WIDE SELECTION OF DAILY MADE SALADS AND FRESH FRUIT				
<b>GRAB &amp; GO</b>	<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>				