

SACRED HEART CATHOLIC SECONDARY SCHOOL

Autumn Term

MENU 4

<i>LUNCH</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
MEAT & FISH MAIN COURSE	CHICKEN NUGGETS	CHILLI CON CARNE	CHICKEN TIKKA SLICE	CHICKEN CURRY BBQ CHICKEN	BATTERED COD
MEAT FREE	VEGETABLE LASAGNE	CAULIFLOWER & BROCCOLI BAKE	SPANISH OMLETTE	VEGETABLE CURRY	CHEESE & ONION PLAIT
CARBOHYDRATE	CHIPS	NEW POTATOES	ROAST POTATOES	RICE	FRIES
VEGETABLES	WHOLE GREEN BEANS	GREEN BEANS	FRESH CABBAGE	MIXED VEG	BAKED BEANS
SWEET	SPONGE CAKE	ICE CREAM ROLL	CARAMEL TART	APPLE CRUMBLE	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>				