

SUMMER/AUTUMN MENU 2018



Meat Free Monday

Traditional Tuesday

World Food Wednesday

Thursday Favourites

Fish Friday

Week 1

Homemade Pizza Slices
Cheese & Egg Flan
Sandwich Selection
Baked Jacket Wedges
Mini Corn on the Cob
Fresh Fruit Selection

Roast Dinner & Gravy
Quorn Bites
Pasta & Sauce
Roast & Mashed Potatoes
Spring Cabbage & Carrots
Fresh Fruit Selection

Your Favourite Chicken Curry
Filled Tortilla Boat
Hot Sandwich Special
Sunshine Vegetable Rice
Sugar Snap Peas
Fresh Fruit Selection

Spaghetti Bolognese
Veggie Balls in your Favourite Sauce
Sandwich Selection
Wholemeal Spaghetti
Green Beans
Fresh Fruit Selection

Fish Goujons with Lemon Mayo Dip
Cheese Omelette
Jacket Potato Selection
Sauté Potatoes
Baked Beans
Homemade Biscuits

Week 2

Brunch Day
Cheese Whirl
Sandwich Selection
Jacket Wedges
Baked Beans
Fresh Fruit Selection

Chicken Curry
Spanish Omelette
Pasta & Sauce
Baked Jacket Wedges
Sweetcorn
Fresh Fruit Selection

Tandoori Chicken
Quorn & Vegetable Stirfry
Hot Sandwich Special
Sunshine Rice
Mini Corn on the Cob
Fresh Fruit Selection

Meat & Vegetable Pie
Quorn Fillet & Gravy
Sandwich Selection
Roast Potatoes
Sugar Snap Peas
Fresh Fruit Selection

Fish Fingers
Vegetable Pasta Bake
Jacket Potato Selection
Chips
Peas
Homemade Biscuits

Week 3

Homemade Pizza Slices
Vegetarian Bolognese
Sandwich Selection
Sauté Potatoes
Wholemeal Spaghetti
Super Sweet Sweetcorn
Fresh Fruit Selection

Meatballs in Homemade Tomato Sauce
Quorn & Vegetable Pie
Hot Sandwich Special
Wholemeal Pasta
Green Beans
Fresh Fruit Selection

Homemade Lamb Curry
Tandoori Quorn
Pasta & Sauce
Sunshine Rice
Mixed Vegetables
Fresh Fruit Selection

Sweet Chilli Chicken
Filled Tortilla Boat
Sandwich Selection
Baked Jacket Wedges
Crunchy Vegetable Sticks
Fresh Fruit Selection

Salmon & Sweet Potato Fishcake
Vegetarian Sausage Roll
Jacket Potato Selection
Sauté Potatoes
Baked Beans
Homemade Biscuits

The Fresh Fayre Gang - making your school dinners taste great!



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Sacred Heart RC
Primary

