

## Sacred Heart RC Primary School Menu Spring 2018

|                               | Week 1<br>8th and 29th January, 26th February, 19th March  | Week 2<br>15th January, 5th February, 5th and 26th March  | Week 3<br>22nd January, 19th February, 12th March  |
|-------------------------------|--|---|--|
| <b>Meat Free Monday</b>       | Cheese and Tomato Pasta<br>Peas and Sweetcorn<br>Pitta Bread<br>Rice Pudding and Mandarins                                 | Quorn and Vegetable Fajita<br>Broccoli and Sweetcorn<br>Potato Wedges<br>Rhubarb and Apple Crumble with Custard     | Margherita Pizza<br>Vegetable and Fruity Pasta Salad<br>Grannies Crunch  |
| <b>Tuesday</b>                | Bangers and Mash with Gravy<br>Medley of Vegetables<br>Sliced Wholemeal Baguette<br>Carrot Cake Muffin                     | Chicken Korma and Rice<br>Green Beans and Cauliflower<br>Naan Bread<br>Arctic Roll and Peaches                      | Organic Beef Burger in a Homemade Bun<br>Potato Wedges<br>Peas and Sweetcorn<br>Apple Strudel and Custard                  |
| <b>Roast Dinner Wednesday</b> | Roast Chicken, Sage and Onion Stuffing, Gravy<br>Potatoes and Bread<br>Savoy Cabbage and Carrots<br>Shortbread and Yoghurt | Roast Pork and Gravy<br>Roast Potatoes and Bread<br>Savoy Cabbage and Swede<br>Digestive Biscuit, Cheese and Grapes | Roasted Beef Cobbler<br>Medley of Vegetables<br>Sweet Potato Mash and Bread<br>Date, Oat and Ginger Cookie, Milk           |
| <b>Thursday</b>               | Mexican Beef Chilli and Rice<br>Peas and Sweetcorn<br>Pitta Bread<br>Chocolate Pear Fudge Pudding and Chocolate Sauce      | Pasta Bolognese<br>Peas and Carrots<br>Crusty Bread<br>Orange Brownie and Custard                                   | Chicken Stir-fry and Noodles<br>Cauliflower and Green Beans<br>Sliced Wholemeal Baguette<br>Lemon Drizzle Cake and Custard |
| <b>Fish and Chip Friday</b>   | Fish Fingers and Chips<br>Baked Beans and Apple Salad<br>Wholemeal Bread<br>Forest Fruit Flapjack                          | Breaded Salmon Nuggets and Chips<br>Broccoli and Sweetcorn<br>Wholemeal Bread<br>Shortbread Finger and Yoghurt      | Battered Fish and Chips<br>Carrots and Coleslaw<br>Wholemeal Bread<br>Raspberry Bun  |