



SACRED HEART ROCK

PRIMARY SCHOOL MEALS KITCHEN



	Week commencing 02/11/20	Week commencing 09/11/20	Week commencing: 16/11/20	Week commencing 23/11/20
MON	Chicken Curry with Steamed rice & Naan Bread OR Pepperoni Pizza Sliced Carrots Mashed Potato & Gravy Custard & Plain Muffins Fresh Fruit / Yoghurt	Chicken Curry & Boiled Rice Naan Bread OR Grilled Bacon Mixed Vegetables Mashed Potato & Gravy Plain Muffins & Custard Selection Of Fresh Fruit Or Yoghurt	Pasta Bolognaise OR Chicken Baguettes, Garden Peas Gravy, Pasta & Mashed Potatoes Plain Sponge with Custard Choice of Fresh Fruit Or Yoghurt	Beef Burger or Chicken Wraps Sliced Carrots Cheese & Dips Pasta & Mashed Potato & Gravy. Chocolate Sponge & Custard
TUES	Oven Baked Sausages OR Irish Stew Baked Beans/Mixed Vegetables Mashed Potato & Chips & Gravy Flake meal Biscuit & Custard Fresh Fruit or Yoghurt	Chicken Goujons Sweetcorn , Gravy Mashed Potato & Chips Swiss Roll & Custard Fresh Fruit or Yoghurt	Peppered Chicken OR Tuna Wrap or Fish Fingers Sliced Carrots Mashed Potato & Chips Gravy Ice Cream Roll & Jelly Or Fresh Fruit /Yoghurt	Pasta Bolognaise or Chicken Goujons Sweetcorn Mashed Potato & Gravy. Custard & Shortbread Biscuit
WED	Fish Fingers OR Chicken & Broccoli bake Sliced Carrots Pasta and Mashed Potato Gravy / White Sauce. Chocolate Sauce & Ice Cream	Spaghetti Bolognaise & Crusty Bread OR Fish Fingers Or Salmon Fishcake Garden peas Gravy Mashed Potato. Flake meal Biscuit & Custard Fresh Fruit or Yoghurt	Chicken Crumble OR Steak burger with Baked beans or Sweetcorn Pasta & Mashed Potato Gravy. Chocolate Cracknel & Vanilla Sauce OR Fresh Fruit / Yoghurts	Fresh Fish 'n' Crumbs/ Fish Fingers OR Savoury Mince Mixed Vegetables Pasta Mashed Potato & Gravy Ice Cream Roll & Strawberry Sauce
THURS	Roast Chicken& Stuffing OR Cheese Pizza Sweetcorn Gravy Pasta & Mashed Potatoes Rice Krispy Cake & Custard Fresh Fruit / Yoghurt	Baked Gammon OR Beef Burger Sliced Carrots or Broccoli Gravy Oven Roast & Mashed Potato Shortbread & Custard /Fruit	Chicken Curry & Boiled Rice/ Naan bread OR Grilled Bacon Mixed Vegetables Gravy Mashed Potatoes Chocolate Cookie & Custard OR Fresh Fruit or Yoghurt	Roast Chicken OR Pepperoni Pizza with Stuffing Carrots or Broccoli Mashed Potatoes & Gravy. Chocolate Brownie & Vanilla Sauce
FRI	Steak burger ' n' Bap or Chicken wraps Garden Peas Gravy Mashed Potato & Chips Jelly Tubs & Raspberry Milk Shake	Hot Dogs OR Pepperoni Pizza Garden Peas Mashed Potato & Chips Raspberry Ripple Frozen Mousse OR Fresh Fruit	Oven Baked Sausages Or Chilli Chicken Wraps Garden Peas Gravy Chips & Mashed Potato Ice Cream Tubs And Fruit Pieces	Chicken Nuggets OR Bacon Bap Baked Beans / Garden Peas Mashed Potato & Chips Strawberry Frozen Mousses OR Fruit Or Yoghurt

BREAD/
FRESH FRUIT /
YOGHURT
MILK & WATER
Available Daily

Any Additional
Information on
Allergens or Special
Diets please
contact school in
first instance.