



SACRED HEART ROCK

PRIMARY SCHOOL MEALS KITCHEN

	Week commencing 31/08/20	Week commencing 07/09/20	Week commencing: 14/09/20	Week commencing 21/09/20	Week commencing: 28/09/20
MON	SCHOOL CLOSURE	Chicken Curry & Boiled Rice Naan Bread Plain Muffins with Selection Of Fresh Fruit Or Yoghurt	Grilled Bacon, Garden Peas Gravy, Pasta & Mashed Potatoes Plain Queen Cake Bun with Choice of Fresh Fruit Or Yoghurt	Beef Burger or Chicken Wraps Sliced Carrots Cheese & Dips Pasta & Mashed Potato & Gravy. Chocolate Sponge & Custard	Chicken Goujons Sweetcorn or Irish Stew Pasta Or mashed Potato & Gravy Custard & Muffin Cake
TUES	Oven Baked Sausages Baked Beans/Mixed Vegetables Mashed Potato & Chips & Gravy Flake meal Biscuit & fresh Fruit or Yoghurt	HMOOC Chicken Goujons Sweetcorn , Gravy Mashed Potato & Chips Swiss Roll & Fruit or Yoghurt	Fish Fingers Sliced Carrots Mashed Potato & Chips Gravy / White Sauce Jelly tubs & Fresh Fruit Or Yoghurt	Pasta Bolognaise or Chicken Goujons Broccoli Mashed Potato & Gravy. Custard & Shortbread Biscuit	Freshly Baked Lasanga or Oven Baked Sausages Garden Peas Or Baked Beans Mashed Potato Chips & Gravy. Swiss Roll & Custard
WED	Fish Fingers Sliced Carrots Pasta and Mashed Potato Gravy / White Sauce. Shortbread Biscuit with Fresh Fruit OR Yoghurt	Spaghetti Bolognaise with Crusty Bread Garden peas Gravy Mashed Potato. Flake meal Biscuit Fresh Fruit or Yoghurt	Steak burger with Baked beans or Sweetcorn Pasta & Mashed Potato Gravy. Plain Muffin Buns & Fresh Fruit OR Yoghurts	Fresh Fish 'n' Crumbs/ Fish Fingers OR Pepperoni Pizza Mixed Vegetables Mashed Potato & Gravy Ice Cream Roll & Jelly	Roast Chicken & Stuffing OR Breaded Fish Carrots & Parsnips Oven Roast & Mashed Potato Gravy. Apple Crumble & Custard
THURS	Chicken Goujons Sweetcorn Gravy Pasta & Mashed Potatoes Chocolate Muffins with Fresh Fruit	Baked Gammon Broccoli Parsley Sauce / Gravy Oven Roast & Mashed Potato Shortbread & Mandarin Oranges	Cheese Pizza Mixed Vegetables Gravy Mashed Potatoes Chocolate Cookie with Fresh Fruit or Yoghurt	Roast OR BBQ Chicken with Stuffing Carrots or Broccoli Mashed Potatoes & Gravy. Chocolate Brownie & Vanilla Sauce	Chicken Curry & Boiled Rice Or Cheese Pizza Mixed Vegetables Mashed Potatoes & Gravy Custard & Chocolate Sponge
FRI	Steak burger 'n' Bap Garden Peas Gravy Mashed Potato & Chips Jelly Tubs & raspberry Milk Shake	Hot Dogs Garden Peas Mashed Potato & Chips Raspberry Ripple Frozen Mousse OR Fresh Fruit	Oven Baked Sausages Garden Peas Gravy Pasta and Chips 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	Chilli Chicken Wraps Or Steak Burger 'n' Bap Sweetcorn, Noodles Chips & Gravy Flake Meal Biscuit / Yoghurts

*Bread, Milk and Water available daily