



**SACRED HEART CATHOLIC VOLUNTARY ACADEMY  
WEEKLY MENU - WEEK 2**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Chicken &amp; Red Pepper Tikka Masala</b> (milk, w/gluten/egg/soya)</p>  <p>Or</p> <p><b>Cheesy Bean Pasta</b> (w/gluten/egg/milk/soya)</p>	<p><b>Lasagne</b> (w/gluten/milk/egg)</p>  <p>Or <b>Cheese, Onion &amp; Potato Pie</b> (w/gluten/milk/egg)</p>	<p><b>Roast Chicken with Yorkshire Puddings</b> (w/gluten/milk/egg) &amp; <b>Gravy</b> (w/gluten/milk/mustard/soya/egg/celery)</p>  <p>Or <b>Jacket Potatoes</b> (fillings below)</p>	<p><b>Homemade Sausage Roll</b> (w/gluten/egg/milk)</p>  <p>Or</p> <p><b>Cheese &amp; Onion Quiche</b> (w/gluten/egg/milk)</p>	<p><b>Fish Fingers</b> (fish/w/gluten)</p>  <p>Or</p> <p><b>Jacket Potatoes</b> (fillings below)</p>
<p><b>Rice &amp; Naan Bread</b> (w/gluten/milk/egg/soya)</p> <p><b>Peas &amp; Sweetcorn</b></p> <p><b>Fresh Soup (celery)</b></p>	<p><b>Peas &amp; Carrots</b></p> <p><b>Fresh Soup (celery)</b></p>	<p><b>Roast Potatoes</b></p> <p><b>Cauliflower, Carrots and Broccoli</b></p> <p><b>Fresh Soup (celery)</b></p>	<p><b>Diced Potatoes</b></p> <p><b>Peas &amp; Sweetcorn</b></p> <p><b>Fresh Soup (celery)</b></p>	<p><b>Chips &amp; Beans</b> (w/gluten/milk/egg/soya)</p> <p><b>Fresh Soup (celery)</b></p>
<p><b>Fresh Sandwiches with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese or Tuna Mayonnaise</b> (w/gluten/egg/milk/mustard/fish)</p>	<p><b>Jacket Potato with a choice of fillings:</b> Or <b>Tuna Mayo</b> (fish/egg/milk/mustard) <b>Cheese(milk) or Beans</b> (w/gluten/egg/milk/soya)</p>	<p><b>Toasties &amp; JP's with a choice of fillings:</b> (w/gluten/milk): <b>Ham or Cheese(milk)</b> Or <b>Tuna Mayo</b> (fish/egg/milk/mustard)</p>	<p><b>Fresh Sandwiches with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese or Tuna Mayonnaise</b> (w/gluten/egg/milk/mustard/fish)</p>	<p><b>Toasties with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese or Tuna Mayonnaise</b> (w/gluten/egg/milk/mustard/fish)</p>
<p><b>Rice Pudding (milk)</b></p>  <p><b>Flapjack</b> (w/gluten/butter/barley)</p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Sticky Toffee Pudding</b> (w/gluten/egg/milk)</p>  <p><b>Jelly</b></p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Homemade Biscuits</b> w/gluten/barley/egg/milk/soya</p>  <p><b>Cheesecake</b></p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Parkin</b> (w/gluten/eggs)</p>  <p><b>Cheese &amp; Biscuits</b> (milk/w/gluten/egg)</p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Chocolate Fudge Cake</b> (w/gluten/egg/milk)</p>  <p><b>Ice Cream Tubs (milk)</b></p> <p><b>Fruit/Yoghurt (milk)</b></p>



**Fresh Salad and Seasonal Fruit & Veg Daily**

