



SACRED HEART CATHOLIC VOLUNTARY ACADEMY
WEEKLY MENU - WEEK 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Roasted Sausage (w/gluten/celery)  Or Quorn Veggie Sausage (w/gluten/soya/milk)	Beefburger in a bun (w/gluten)  Or Ravioli (w/gluten/egg/milk/celery)	Roast Pork Loin & Yorks Puddings (w/gluten/egg/milk) & Gravy (w/gluten/milk/mustard/soya/egg/celery)  Or Jacket Potatoes	Chicken Tortilla Wrap (w/gluten/milk)  Or Pasta in Tomato & Basil Sauce (milk/w/gluten/celery)	Fish Fingers (fish/w/gluten)  Or Battered Fish (w/gluten/fish)
Creamy Mash (milk) Salad, Peas & Carrots Fresh Soup (celery)	Potato Wedges Peas & Sweetcorn Salad Fresh Soup (celery)	Roast Potatoes Broccoli & Carrots Fresh Soup (celery)	Diced Potato Peas & Sweetcorn Salad Fresh Soup (celery)	Chips & Peas Bread & Butter (w/gluten) Fresh Soup (celery)
Toasties with a choice of fillings: (w/gluten/milk): Ham, Cheese or Tuna Mayonnaise (w/gluten/egg/milk/fish/mustard)	Jacket Potato with a choice of fillings: Cheese (milk), Beans (w/gluten/egg/milk/soya) Or Tuna Mayo (fish/egg/mustard/milk)	Toasties & JP's with a choice of fillings: (w/gluten/milk): Ham, Cheese, Tuna Mayo or Beans (w/gluten/egg/milk/fish/mustard)	Jacket Potato with a choice of fillings: Cheese (milk), Beans (w/gluten/egg/milk/soya) Or Tuna Mayo (fish/egg/mustard/milk)	Toasties & JP's with a choice of fillings: (w/gluten/milk): Ham, Cheese, Tuna Mayo or Beans (w/gluten/egg/milk/fish/mustard)
Jam Sponge & Custard (w/gluten/milk/egg)  Flapjack (w/gluten/barley/butter) Fruit/Yoghurt (milk)	Apple Crumble & Custard (w/gluten/milk/egg)  Homemade Biscuits (egg/w/gluten/milk) Fruit/Yoghurt (milk)	Iced Sponge Cake (w/gluten/milk/egg)  Jelly with Fruit Fruit/Yoghurt (milk)	Ginger Sponge (w/gluten/egg/milk)  Scones (w/gluten/milk/egg) Fruit/Yoghurt (milk)	Ice Cream Tubs (milk) or Chocolate Brownies (w/gluten/egg/milk)  Fruit/Yoghurt (milk)



Fresh Salad and Seasonal Fruit & Veg Daily

