



**SACRED HEART CATHOLIC VOLUNTARY ACADEMY  
SUMMER WEEKLY MENU - WEEK 1**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Oven Roasted Sausages (w/gluten/soya) or Quorn Sausages (w/gluten/egg/milk)</p> 	<p>Chicken Goujons (w/gluten/egg/milk)</p>  <p>Or</p> <p>Cheesy Bean Pasta (w/gluten/egg/milk/soya)</p>	<p>Roast Pork &amp; Yorkshire Puddings(w/gluten/egg/milk) &amp; Gravy (w/gluten/milk/mustard/soya/egg/celery)</p>  <p>Or Cheese &amp; Onion Quiche (w/gluten/egg/milk)</p>	<p>Pasta Bolognese (milk/w/gluten)</p>  <p>Or Pasta with Tomato &amp; Basil Sauce (w/gluten/egg) &amp; Garlic Bread (gluten/milk/soya/egg)</p>	<p>Margherita or Pepperoni Pizza (w/gluten/egg/milk/soya)</p> 
<p>Mashed Potatoes (milk/butter/egg) Peas &amp; Sweetcorn</p>	<p>New Potatoes Peas &amp; Carrots Fresh Soup (celery)</p>	<p>Roast Potatoes Broccoli, Cabbage &amp; Carrots</p>	<p>Mashed Potatoes (milk/butter/egg) Carrots &amp; Peas</p>	<p>Chips &amp; Baked Beans (w/gluten/egg/milk/soya)</p>
<p>Toasties with a choice of fillings: (w/gluten/milk): Ham, Cheese(milk) or Beans (w/gluten/egg/milk/soya) Fresh Soup (celery)</p>	<p>Jacket Potato with a choice of fillings: Cheese(milk), Beans (w/gluten/egg/milk/soya) Or Tuna Mayo (fish/egg/mustard/milk)</p>	<p>Toasties with a choice of fillings: (w/gluten/milk): Ham, Cheese(milk) or Beans (w/gluten/egg/milk/soya) Fresh Soup (celery)</p>	<p>Wraps (w/gluten) with a choice of fillings: Ham, Cheese(milk) or Tuna Mayo (fish/egg/mustard/milk) Fresh Soup (celery)</p>	<p>Jacket Potato with a choice of fillings: Cheese(milk) or Beans (w/gluten/egg/milk/soya)</p>
 <p>Homemade Biscuits (w/gluten/egg/milk/barley/soya) Cheese &amp; Biscuits(w/gluten/egg/milk) Fruit/Yoghurt(milk)</p>	<p>Flapjacks (w/gluten/butter/barley)</p>  <p>Jelly Fruit/Yoghurt(milk)</p>	<p>Cheesecake (milk/gluten/egg)</p>  <p>Fruit Whip (milk) Fruit/Yoghurt(milk)</p>	<p>Orange &amp; Chocolate Sponge with Custard (w/gluten/milk/egg/soya)</p>  <p>Fresh Fruit Salad Yoghurt(milk)</p>	 <p>Ice Cream (milk) Chocolate Brownies (w/gluten/egg/milk)</p>  <p>Fruit/Yoghurt(milk)</p>



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

