



**SACRED HEART CATHOLIC VOLUNTARY ACADEMY  
SUMMER WEEKLY MENU - WEEK 3**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Homemade Meatballs in a Tomato Sauce</b> (w/gluten/celery)</p>  <p><b>Or Tomato &amp; Mozzarella Pasta Bake</b> (w/gluten/celery/milk)</p>	<p><b>Homemade Sausage Roll</b> (w/gluten/egg/milk)</p>  <p><b>Or Vegetable Chilli</b> (celery)</p>	<p><b>Roast Chicken &amp; Yorkshire Puddings</b> (w/gluten/egg/milk) &amp; <b>Gravy</b> (w/gluten/milk/mustard/soya/egg/celery)</p>  <p><b>Or Vegetable &amp; Cheese Tart</b> (celery/egg/milk)</p>	<p><b>Barbeque Chicken Fajitas</b> (w/gluten/milk)</p>  <p><b>Or Cheese &amp; Bean Enchiladas</b> (milk/w/gluten)</p>	<p><b>Fish Fingers</b> (fish/w/gluten)</p>  <p><b>Or Vegetable Fajitas</b> (w/gluten)</p>
<p><b>Garlic Bread</b> (w/gluten/egg/soya/milk) <b>Salad, Peas &amp; Carrots</b> <b>Fresh Soup</b> (celery)</p>	<p><b>Diced Potatoes</b> <b>Carrots &amp; French Beans</b> <b>Fresh Soup</b> (celery)</p>	<p><b>Roast Potatoes</b> <b>Cabbage, Broccoli &amp; Carrots</b></p>	<p><b>Potato Wedges</b> <b>Peas &amp; Sweetcorn</b> <b>Salad</b></p>	<p><b>Chips &amp; Beans</b> <b>Fresh Soup</b> (celery)</p>
<p><b>Toasties with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese(milk)</b> <b>or Beans</b> (w/gluten/egg/milk/soya)</p>	<p><b>Jacket Potato with a choice of fillings:</b> <b>Cheese(milk), Beans</b> (w/gluten/egg/milk/soya) <b>Or Tuna Mayo</b> (fish/egg/mustard/milk)</p>	<p><b>Toasties with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese(milk)</b> <b>or Beans</b> (w/gluten/egg/milk/soya)</p>	<p><b>Toasties with a choice of fillings:</b> (w/gluten/milk): <b>Ham, Cheese(milk)</b> <b>or Beans</b> (w/gluten/egg/milk/soya)</p>	<p><b>Jacket Potato with a choice of fillings:</b> <b>Cheese(milk),</b> <b>Or Beans</b> (w/gluten/egg/milk/soya)</p>
<p><b>Homemade Biscuits</b> (w/gluten/egg/milk)</p>  <p><b>Chocolate Cake</b> (w/gluten/egg/milk)</p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Watermelon Slices</b></p>  <p><b>Cookies</b> (egg, w/gluten)</p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Parkin</b> (w/gluten/milk/egg)</p>  <p><b>Fruit Whip</b> <b>Fruit/Yoghurt(milk)</b></p>	<p><b>Flapjacks</b> (w/gluten/butter/barley)</p>  <p><b>Parkin</b> (w/gluten/milk/egg)</p> <p><b>Fruit/Yoghurt(milk)</b></p>	<p><b>Selection of Homemade Cakes</b> (w/gluten/egg/milk)</p>  <p><b>Fruit/Yoghurt(milk)</b></p>



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

