



SACRED HEART CATHOLIC VOLUNTARY ACADEMY
WINTER WEEKLY MENU - WEEK 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Dog in a Bun (w/gluten/soya/milk)</p> <p>or</p> <p>Quorn Hot Dog in a bun (w/gluten/egg/milk)</p> 	<p>Cottage Pie (w/gluten/milk)</p>  <p>Or</p> <p>Cheese Quesadilla (w/gluten/milk)</p>	<p>Roast Gammon & Yorkshire Puddings(w/gluten/egg/milk) & Gravy (w/gluten/milk/mustard/soya/egg/ celery)</p>  <p>Or Tuna & Sweetcorn Pasta (w/gluten/egg/milk)</p>	<p>Baked Haddock with Melted Cheese (milk/w/gluten/fish)</p>  <p>Or Cheesy Bean Enchiladas (gluten/milk)</p>	<p>Margherita Pizza (w/gluten/egg/milk/soya)</p>  <p>Or Vegetable Ravioli (w/gluten/egg/milk/celery)</p>
<p>Potato Wedges & Baked Beans (w/gluten/egg/milk/soya)</p>	<p>Mashed Potato Peas & Carrots Fresh Soup (celery)</p>	<p>Roast Potatoes Broccoli, Peas & Carrots</p>	<p>Diced Potatoes (milk/butter/egg) Carrots & Peas</p>	<p>Chips & Baked Beans (w/gluten/egg/milk/soya)</p>
<p>Toasties with a choice of fillings: (w/gluten/milk): Ham or Cheese (milk)</p> <p>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>Jacket Potato 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), Beans (w/gluten/egg/milk/soya) Or Tuna Mayo (fish/egg/mustard/milk)</p>
 <p>Homemade Biscuits (w/gluten/egg/milk/barley/soya)</p> <p>Jam Sponge (egg/w/gluten)</p> <p>Fruit/Yoghurt(milk)</p>	<p>Chocolate Sponge with Custard (w/gluten/milk/egg/soya)</p>  <p>Jelly</p> <p>Fruit/Yoghurt(milk)</p>	<p>Cheesecake (milk/w/gluten/egg)</p>  <p>Chocolate Whip (milk)</p> <p>Fruit/Yoghurt(milk)</p>	<p>Rice Pudding (milk/w/gluten) Carrot Cake (w/gluten/milk)</p>  <p>Fruit/Yoghurt(milk)</p>	 <p>Ice Cream (milk) Cupcakes</p>  <p>(w/gluten/egg/milk)</p> <p>Fruit/Yoghurt(milk)</p>



Fresh Salad and Seasonal Fruit & Veg Daily

