



SACRED HEART CATHOLIC VOLUNTARY ACADEMY
WINTER WEEKLY MENU - WEEK 3



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



Fresh Salad and Seasonal Fruit & Veg Daily

