

**Sacred Heart of Mary Girls' School
March 2017 Menu**

Week Beginning 27th Feb – 3rd March	Week Beginning Mon 6th – Fri 10th March	Week Beginning Mon 13th-Fri 17th March
Mon-Spaghetti Bolognese or Tomato & Mixed Pepper Sauce & Spaghetti	Mon – Mexican Chicken & Rice or Veg Chilli & Rice	Mon- Minced Beef & Onion Pie or Cheese Leek & Potato Pie
SHROVE TUES- Chicken & Leek Pie or Cheese & Spinach Filo Pastry Pie	Tues – Beef Lasagne or Vegetable Lasagne	Tues – Assorted Pasta Dishes
ASH WED– Cheese & Tomato Pasta or Macaroni Cheese	Wed – Sausage & Mash or Cheese Leek & Potato Pie	Wed – Roast Chicken or Cauliflower Cheese
Thurs – Chicken Curry & Rice or Vegetable Curry & Rice	Thurs– Jerk Chicken & Rice or Mushroom Stroganoff & Rice	Thurs- Pork Meatballs with Spaghetti or Spaghetti with Creamy Mushroom sauce
Fri- Fish & Chips	Fri- Homemade Fishcakes	Fri – Fish Fingers & Chips

All our main meals are home made from fresh ingredients

Breakfast Menu Available Daily from 8.00 am – 8.30 am
Bacon in a Roll Brown Seeded & White Toast Croissants Fruit Yoghurts

Alternative Lunchtime Menu Available Throughout Lunchtime
Freshly Made Soup Pasta & Fruit salad Bowls Various Panini's Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls Plated Salads

Morning Break Menu
Pasta & Fruit Salad Bowls Various Paninis Cold Wraps Baguettes (Various Fillings) Choice of Sandwiches & Rolls Pizza

**Fruit Juices and Bottled Water are available to Purchase
FREE DRINKING WATER IS AVAILABLE THROUGHOUT THE SCHOOL DAY**