



School Menu

Spring - Summer 2019

Week 1

Week commencing
25 February, 18 March,
23 April, 13 May, 10 June,
1 July, 22 July



Sacred Heart
Catholic Voluntary
Academy



By Day

First Course

Second Course

Monday

Margherita pizza
& new potatoes

Milk Gluten



Fruit yoghurt
& apple wedge

Milk



Tuesday

Hot dog
& diced potatoes

Soya Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn Hot dog
& diced potatoes

Soya Milk Egg Gluten



Peaches in jelly
& cream swirl

Milk



Wednesday

Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

TODAY'S VEGETARIAN OPTION



Chocolate & orange cookie
& milkshake

Milk Gluten



Thursday

Roast pork, stuffing,
gravy, mashed potato
& Yorkshire pudding

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing, gravy,
mashed potato & Yorkshire pudding

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



Friday

Fish finger wrap
& Noisette potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger wrap
& Noisette potatoes

Milk Gluten



Marble sponge
& custard

Milk Egg Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Spring - Summer 2019

Week 2

Week commencing

4 March, 25 March,

29 April, 20 May,

17 June, 8 July



Sacred Heart
Catholic Voluntary
Academy



By Day

First Course

Second Course

Monday

Quorn dippers
& baby jacket potatoes

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



Tuesday

Pork meatballs in tomato
sauce & pasta

Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Vegeballs in a tomato sauce
& pasta

Soya Gluten



Cheese, crackers
& apple wedge

Milk Gluten



Wednesday

Chicken Tikka wrap
& savoury rice

Milk Gluten

TODAY'S VEGETARIAN OPTION

BBQ Quorn wrap
& new potatoes

Egg Gluten



Butterscotch tart

Milk Gluten



Thursday

Nottinghamshire sausage,
Yorkshire pudding,
mashed potato & gravy

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, Yorkshire pudding,
mashed potato & gravy

Milk Egg Gluten



Strawberry shortbread

Milk Gluten



Friday

MSC Fish fingers
& chips

Fish Gluten

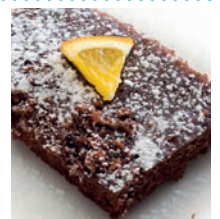
TODAY'S VEGETARIAN OPTION

Fishless finger
& chips



Chocolate brownie
& chocolate sauce

Milk Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Spring - Summer 2019

Week 3

Week commencing

11 March, 1 April,

6 May, 3 June,

24 June, 15 July



Sacred Heart
Catholic Voluntary
Academy



By Day

First Course

Second Course

Monday

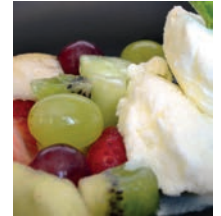
Vegetarian roll, gravy
& jacket wedges

Soya Gluten



Fruit salad
& frozen yoghurt

Milk Sulphur Dioxide



Tuesday

Nottinghamshire sausage,
Yorkshire pudding,
mashed potato & gravy

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, Yorkshire pudding,
mashed potato & gravy

Milk Egg Gluten



Strawberry cupcake

Milk Egg Gluten



Wednesday

Spaghetti Bolognese

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn Spaghetti Bolognese

Egg Gluten



Fruit yoghurt
& apple wedge

Milk



Thursday

Roast Gammon
& pineapple with
mashed & roast potatoes

TODAY'S VEGETARIAN OPTION

Roast Quorn with
mashed & roast potatoes

Milk Egg



Raspberry ripple
ice cream cake

Soya Milk Egg Gluten



Friday

Fish goujons
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& diced potatoes

Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served