



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,
18 Nov, 9 Dec, 13 Jan, 3 Feb



Sacred Heart
Catholic Voluntary
Academy



FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef Tacos
& potato wedges

Fish

TODAY'S VEGETARIAN OPTION
Quorn tacos & jacket wedges

Egg



Cheese, crackers
& apple wedge

Milk Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION
Margherita pizza & jacket wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION
Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION
Fishless finger & jacket wedges

Gluten



Oatmeal & yoghurt muffin

Milk Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request



AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,
16 Dec, 20 Jan, 10 Feb



Sacred Heart
Catholic Voluntary
Academy



FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Roast Quorn, Yorkshire pudding &
gravy with mashed & roast potatoes

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



FRIDAY

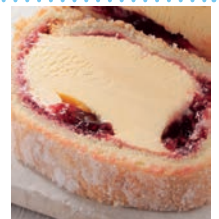
Panini & salad,
assorted fillings

Milk Fish Gluten



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request



AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,
2 Dec, 6 Jan, 27 Jan



Sacred Heart
Catholic Voluntary
Academy



FIRST COURSE

SECOND COURSE

MONDAY

Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Cheese, crackers
& apple wedge

Milk Gluten



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Vegetarian all day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey, stuffing & gravy
with mashed & roast potatoes

Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

MSC Breaded fish
& chips

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger & chips

Gluten



Apple & cinnamon muffin

Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request