



Beechwood Sacred Heart School Menu



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
Week 4 Breakfast		Cumberland Sausages & Beans	Pain Au Choc	Bacon & Mushrooms	Muffins & Scrambled Egg	Pancakes	Full English	A Selection Of Fresh Pastries						
Homemade Soup and Bread														
LUNCH	Penne Pasta Chicken, Pesto & Red Onion Pepper & Red Onion Sweet corn & Green Beans	Cottage Pie Minced Quorn Pie Broccoli Florets Cabbage	Roast Gammon Spinach & Ricotta Tarts Roast Potatoes Carrot Batons Mashed Swede	Mild Turkey Curry Spanish Turkey Vegetable & Lentil Curry Rice Poppadum's Mango Chutney	MSC Pollock Fillets MSC Fish fingers Quorn Sausages Chips Beans & Peas	Ciabatta Melts With Bacon & Avocado Brie & Onion Spiced Wedges Dressed Mixed Salad	Roast Of The Day Mushroom & Goats Cheese Tart Seasonal Vegetables Roast Potatoes	Apple Crumble & Cream	Orange & Chocolate Sponge & Custard	Rice Pudding & Fruit Jam	Ginger Cake	Syrup Sponge & Custard	Apple & Raspberry Cake	Mandarin Cheese Cake
	SUPPER	Beef In a Mushroom & Oyster Sauce Stir Fried Vegetables In Oyster Sauce Egg Noodles	Spicy Meatball Pasta Bake Pepper & Tomato Pasta Bake Garlic Bread Green Beans	Chicken Thighs In a Creamy Cajun Sauce Quorn Pieces In a Creamy Cajun Sauce Tomato & Herb Cous Cous	BBQ Pork Strips BBQ Quorn Pieces Jacket Potatoes Corn On The Cob	Chicken Kiev Mushroom Kiev Mashed Potatoes Roasted Carrots	Salmon & Pesto Tagliatelle Pepper & Artichoke Tag Roasted Vegetables	Ham & Pineapple Pizza Mixed Pepper Pizza Italian Mixed Salad Potato Wedges	Gypsy Tart	Grasshopper Pie	Real Fruit Jelly & Cream	Victoria Sponge Cake	Fruit Pavlova	Ice Cream Roll & Fruit

Available Daily: Freshly Prepared Salad Bar.....Jackets with Various Filling..... Fresh Fruit Platter..... Yoghurt