

School Name: Streamlined Menu DINING ROOM September 2020 - all meat / dessert options Sacred Heart
Contract Name: BARNET

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork Sausage and Mash	Penne Pasta Bolognese	Roast Chicken with Roast Potato & Gravy	Margarita Pizza	Fish Fingers
Option 2 Vegetarian	Quorn Sausage and Mash	Macaroni Cheese	Vegetarian Strips with Roast Potatoes and Gravy	Cheese & Tomato Penne Pasta	Jacket Potato with baked beans
Vegetables	Peas	Cauliflower	Carrots	Sweetcorn	Peas & Baked Beans
Salad Bar	Salad items	Salad items	Salad items	Salad items	Salad items
Carb Option	Mashed Potato		Roast Potatoes	Garlic & Paprika Potato Wedges	Chips
Bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread
Dessert of the Day	Yoghurt	Custard Biscuit	Yoghurt	Yoghurt	Carrot Cake
Alternative Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dates week commencing	31/8, 21/9, 12/10				
Option 1	Chicken Curry	Meatballs in Tomato Sauce	Roast Chicken with Roast Potatoes and Gravy	Margarita Pizza	Fish Fingers

Option 2 Vegetarian	Cheese & Leek Pasty	Vegetable & Lentil Bolognese	Macaroni Cheese	Vegetable Chilli Con Carne	Jacket Potato with baked beans
Vegetables	Green Beans	Peas	Carrots	Sweetcorn	Peas & Baked Beans
Salad Bar	Salad items	Salad items	Salad items	Salad items	Salad items
Carb Option	Rice and New Potatoes	Pasta	Roast Potatoes	Garlic & Paprika potato Wedges	Chips
Bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread
Dessert of the Day	Yoghurt	Chocolate Sponge	Yoghurt	Yoghurt	Lemon Shortbread
Alternative Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dates week commencing	7/9, 28/9, 19/10				
Option 1	Penne Pasta Bolognese	BBQ Chicken	Roast Pork served with Roast Potatoes and Gravy	Margharita Pizza	Fish Fingers
Option 2 Vegetarian	Cheese & Onion Flan	Vegetable Chow Mein	Quorn Sausage with gravy	Cheese & Tomato Penne Pasta	Jacket Potato with baked beans
Vegetables	Vegetable Medley	Sweetcorn / Peas	Carrots	Sweetcorn	Peas & Baked Beans
Salad Bar	Salad items	Salad items	Salad items	Salad items	Salad items

Carb Option	New Potatoes	Potato Wedges	Roast Potatoes	Garlic & Paprika potato Wedges	Chips
Bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread	Homemade Bread / slice of bread
Dessert of the Day	Yoghurt	Vanilla Sponge	Yoghurt	Yoghurt	Oat Dream Cookie
Alternative Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Dates week commencing	14/9, 5/10				