Sacred Heart Merton TUESDAY THURSDAY WEDNESDAY FRIDAY MONDAY **Autumn Winter 2025** 2026 **WEEK ONE** Glamorgan Sausages Beef Pasta Bake with Roast Turkey, Stuffing Beef & Red Pepper Fishfingers / Salmon **Option One** with Potato Wedges Garlic Bread Roast Potatoes and Pizza with Potato Fishfingers with Chips & Tomato Sauce Gravv Wedaes 03/11/2025 24/11/2025 Chickpea & Vegetable Vegan Roll with Chips & Vegetable Tagine with Cheese & Tomato **NEW** BBQ Sausage **Option Two** Lemon & Herb Couscous Pinwheel with Potato Pasta with Garlic Bread Tomato Sauce Hotpot 15/12/2025 Wedges 19/01/2026 09/02/2026 Sweetcorn Broccoli Sliced Carrots Mediterranean Baked Beans **Vegetables** 09/03/2026 Green Beans Cauliflower Green Cabbage vegetables Garden Peas Dessert Cheese/Fresh Fruit with **NEW** Apple Crumb Cake Fruit Medley Jelly with Mandarins Syrup Sponge with with Custard Yoghurt Station Crackers Custard Classic Cheese & Roast Beef, Stuffing Mild Caribbean Chicken Breaded Fish WEEK TWO Spaghetti **Option One** Tomato Pizza Bolognaise • with Golden Rice with Chips & Tomato with Wedges Spanish Omelette with Sauce 10/11/2025 Roasted Potatoes 01/12/2025 Vegan Spaghetti Mild Mexican Chilli Creamy Chickpea & Cheese Whirl with Chips With Rice Coconut Curry with Rice & Tomato Sauce Bolognaise **Option Two** 05/01/2026 26/01/2026 Carrots Sweetcorn Broccoli Sweetcorn Baked Beans 23/02/2026 Sliced Carrots Peas Baked Beans Green Beans Garden Peas Vegetables 16/03/2026 Orange Cookie Vanilla Sponge with Fruit Salad Sticky Toffee Apple Vanilla Shortbread Chocolate Sauce Yoghurt Station Crumble with Custard Dessert Chilli Con Carne with Fishfingers with Chips & Golden Macaroni **NEW** Chicken Enchilada Sausage with Roast **WEEK THREE Option One** Potatoes & Onion Gravy Cheese Bake with Paprika Rice Tomato Sauce Wedges **NEW** Chefs Special Lentil Vegan Sausage & Roast Tomato Pasta with Caribbean Stew with Loaded Jackets Curry with Rice Golden Rice Cheese Potatoes & Gravy **Option Two** Sliced carrots Sweetcorn Cauliflower Mixed Seasonal Baked beans Vegetables Garden Peas Broccoli Roasted Carrots Vegetables Garden Peas Oaty Cookie Mixed Fruit Crumble with Fruit Salad Chocolate Drizzle Cake Cornflake Tart Dessert Custard Yoghurt Station with Custard ALLERGY INFORMATION:

MENU KEY



Added Plant Protein







Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection – Fresh Fruit and Yoghurt

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

