



Week One

Monday

V Homemade Pizza
Baked Beans
Oven Baked Wedges
or
Corned Beef Hash
Red Cabbage or Beetroot

Fruit Flapjack

Tuesday

Oven Baked Sausage
Veg of the Day
Mashed Potatoes
or
V Variety of Filled Wraps
Green Salad
Red Onion Coleslaw

Homemade Cookies

Wednesday

Roast Turkey & Gravy
Roast Potatoes & Veg of the Day
or
V Golden Veg Nuggets
Roast Potatoes & Veg of the Day

Sponge & Custard

Thursday

Chicken Curry
Boiled Rice & Naan Bread
or
V Quorn Lasagne
Mixed Side Salad
Garlic Bread

Fruit Jelly

Friday

Fishy Friday
Garden Peas
Chipped Potatoes
or
Cheese & Salmon Quiche or V Cheese & Tomato
Quiche
Veg of the Day & Chipped Potatoes

Carrot & Orange Slice



Served here



Available Daily

Fresh Sandwiches, jacket potatoes with fillings, salad and fresh bread

Also Available

Fat Free Yoghurt, Fresh Fruit, Fresh Fruit Juice, Semi Skimmed Milk and Fresh Water

V Suitable for vegetarians

Munchkins

Primary Menu September 2019

Week Two

Monday

Chicken Burger with
Shredded Salad in a Bun
Veg of the Day & Oven Baked Wedges
or
V Veggie Burger with
Shredded Salad in a Bun
Veg of the Day & Oven Baked Wedges

Homemade Biscuits

Tuesday

Homemade Hearty Meat & Potato Pie & Gravy
Veg of the Day
or
V Egg Fried Rice
Curry Sauce & Mini Spring Rolls

Cherry Bakewell Muffins

Wednesday

All Day Breakfast
or
Tuna Pasta or
V Vegetable Pasta
Crispy Salad & Sweetcorn

Frozen Yoghurt

Thursday

Spaghetti Bolognaise
Crusty Bread
or
V Homemade Cheese Puff
Oven Baked Wedges & Baked Beans

Chocolate Sponge & Pink Sauce

Friday

Fishy Friday
Mushy Peas
Chipped Potatoes
or
V Quorn Enchiladas
Crispy Salad
Chipped Potatoes

Mini Cookie & Fresh Fruit

Sefton Council

Sefton Catering Services



Week Three

Monday

Meatballs in Creamy Tomato Sauce
Pasta Twists
Veg of the Day
or
V Baked Frittata
Sauté Potatoes & Veg of the Day

Citrus Sponge Finger

Tuesday

Chicken Curry
Basmati Rice & Naan Bread
or
V Quorn Pie & Veg Gravy
Mashed Potatoes & Veg of the Day

Raspberry Muffins

Wednesday

Roast Gammon & Gravy
Roast Potatoes & Veg of the Day
or
V Quorn Fillet & Veg Gravy
Roast Potatoes & Veg of the Day

Apple Crumble & Custard

Thursday

V French Bread Pizza
Oven Baked Wedges & Mixed Salad
or
Sausage & Tomato Pasta Bake

Shortbread Biscuit

Friday

Fishy Friday
Mushy Peas
Chipped Potatoes
or
V Quorn Enchiladas
Crispy Salad
Chipped Potatoes

Mini Cookie & Fresh Fruit

