



Week One

Monday

V Homemade Pizza
Baked Beans
Oven Baked Wedges

Corned Beef Hash
Red Cabbage or Beetroot

Fruit Flapjack

Tuesday

Oven Baked Sausage
Veg of the Day
Mashed Potatoes

V Variety of Filled Wraps
Green Salad
Red Onion Coleslaw

Homemade Cookies

Wednesday

Roast Turkey & Gravy
Roast Potatoes & Veg of the Day

V Golden Veg Nuggets
Roast Potatoes & Veg of the Day

Sponge & Custard

Thursday

Chicken Curry
Boiled Rice & Naan Bread

V Quorn Lasagne
Mixed Side Salad
Garlic Bread

Fruit Jelly

Friday

Fishy Friday
Garden Peas
Chipped Potatoes

Cheese & Salmon Quiche or V Cheese & Tomato
Quiche

Veg of the Day & Chipped Potatoes

Carrot & Orange Slice

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

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

V Egg Fried Rice
Curry Sauce & Mini Spring Rolls

Cherry Bakewell Muffins

Wednesday

All Day Breakfast

Tuna Pasta or
V Vegetable Pasta
Crispy Salad & Sweetcorn

Frozen Yoghurt

Thursday

Spaghetti Bolognese
Crusty Bread

V Homemade Cheese Puff
Oven Baked Wedges & Baked Beans

Chocolate Sponge & Pink Sauce

Friday

Fishy Friday
Mushy Peas
Chipped Potatoes

V Quorn Enchiladas
Crispy Salad
Chipped Potatoes

Mini Cookie & Fresh Fruit



Week Three

Monday

Meatballs in Creamy Tomato Sauce
Pasta Twists
Veg of the Day

V Baked Frittata
Sauté Potatoes & Veg of the Day

Citrus Sponge Finger

Tuesday

Chicken Curry
Basmati Rice & Naan Bread

V Quorn Pie & Veg Gravy
Mashed Potatoes & Veg of the Day

Raspberry Muffins

Wednesday

Roast Gammon & Gravy
Roast Potatoes & Veg of the Day

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

Apple Crumble & Custard

Thursday

V French Bread Pizza
Oven Baked Wedges & Mixed Salad

Sausage & Tomato Pasta Bake

Shortbread Biscuit

Friday

Fishy Friday
Garden Peas
Chipped Potatoes

V Veggie Roll
Veg of the Day
Chipped Potatoes

Fresh Fruit Medley



Sefton Council



Sefton Catering Services

