

**Week
One**

Munchkins

Primary Menu September 2020



Monday

V Home Made
Margherita Pizza
Crispy Salad
Potato Wedges

or

V Vegetable Curry
Boiled Rice
Naan Bread
Fruity Flap Jack

Tuesday

Home Made Sausage Platt
Baked Beans
Mashed Potatoes

or

V Quorn Cottage Pie
Veg of the Day
Fruit Jelly & Cream

Wednesday

Roast Chicken Breast & Gravy
or **V** Quorn Fillet
Seasonal Vegetables
Roast Potatoes

or

V Cauli & Broccoli
Cheese Bake
Roast Potatoes
Chocolate Sponge &
Chocolate Sauce

Thursday

Traditional
Liverpool Scouse
Including Hearty
Vegetables & Potatoes
Crusty Bread

or

V Quorn Swedish
Style Balls
in Tomato Sauce
with Wholegrain
Pasta Twists
Crispy Salad, Crusty Bread

Friday

Fishy Friday Choice
Veg of the Day
Chipped Potatoes

or

V Mildly Spicy Bean and Cheese Quesadilla
(folded soft tortilla wraps)
Veg of the Day
Chipped Potatoes
Oaty Biscuit and Orange Slice

Lemon Drizzle
Sponge Finger



Served here



Available daily:

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

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

V Suitable for vegetarians

Sefton Council

Sefton Catering Services



**Week
Two**

Munchkins

Primary Menu September 2020



Monday

V Vegetarian Brunch

Linda McCartney
Veggie Sausage,
Baked Beans or Tomato
or Egg, Toast

or

**V Puff Pastry Cheese &
Tomato Parcels
Baked Beans**

Chocolate Crunch Biscuit

Tuesday

Home Made Minced Beef &
Vegetable Pie, Gravy
Veg of the Day
Mashed Potatoes

or

**V Vegetable & Lentil Stew
Fresh Baked Bread**

Frozen Yoghurt

Wednesday

Roast Gammon
Veg of the Day
Roast Potatoes

or

**V Quorn Bolognese with Pasta Twists
Home Made Garlic Bread**

Apple Crumble & Custard

Thursday

Chinese Chicken
Curry
or **V Veggie Curry**
Tricolour Rice

or

**V Caribbean Jerk
Quorn Fillet Strips
Peas & Sweetcorn Medley
Potato Wedges
Banana & Sultana Muffin**

Friday

Fishy Friday Choice
Veg of the Day
Chipped Potatoes

Friday Picnic

**V Filled ½ Wrap, Mini Pizza, Veggie Sticks
Chipped Potatoes**

Fresh Fruit Medley

Sefton Council

Sefton Catering Services



Served here



Available daily:

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

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

V Suitable for vegetarians

**Week
Three**

Munchkins

Primary Menu September 2020



Monday

V Home Made Cheese & Potato Pie
Garden Peas or Baked Beans
Crusty Bread

or

V Sweet Potato, Chickpea & Spinach Curry
Sunshine Rice
Shortbread Finger & Orange Wedges

Tuesday

Chicken or Quorn Tikka Masala
Boiled Rice
Home Made Naan Bread
or

V Loaded Potato Skins with Veggie Chilli and Melted Cheese Topping & Coleslaw
Marble Sponge and Custard

Wednesday

Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding

or

V Quorn Veggie Mince lasagne
½ Jacket Potato
Crispy Salad
Frozen Mousse

Thursday

V Chicken, Bacon & Vegetable Pasta Bake
Crispy Mixed Salad

or

V Quorn Burger in a Soft Bap, Mayonnaise Dressing
Crispy Salad, Potato Wedges
Yoghurt Muffin

Friday

Fishy Friday Choice
Veg of the Day
Chipped Potatoes

or

Salmon & Broccoli Quiche or
V Cheese & Onion Quiche
Veg of the Day
Chipped Potatoes

Cheese, Biscuits and Apple Slices

Sefton Council

Sefton Catering Services



Served here



Available daily:

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

Also available daily:

Fat free yoghurt, fresh fruit, fresh fruit juice, semi skimmed milk and fresh water

V Suitable for vegetarians

