



# Munchkins

Primary Menu April 2022



## Monday

Pizza or Pasta Bonanza  
Choose from a selection of  
favourite toppings,  
salad sticks & sweetcorn  
Plus ½ Jacket Potato  
or  
✓ Veggie Pizza or Pasta  
Served with Salad Sticks  
or Sweetcorn  
Plus, ½ Jacket Potato  
Homemade Cookie  
with Fruit Slices

## Tuesday

Sausage, Baked Beans  
& Mashed Potato

or

✓ Sweet Chilli Veg  
& Quorn strips  
with Rice or Noodles

Apple Turnover with Cream

## Wednesday

Deep filled Meat &  
Potato Pie  
with Cabbage, Carrots  
& Gravy

or

✓ Quorn and Vegetable  
Tray Bake With Couscous

Carrot, Courgette  
and Orange Slice

## Thursday

Spaghetti Bolognese With  
Crusty Bread

or

✓ Sweet Potato &  
Chickpea Curry  
With 50/50 Rice

Jam or Syrup Sponge  
with Custard

## Friday

Jumbo Fish Fingers  
Peas (Garden or Mushy)  
Chipped Potatoes

or

✓ Selection of Wraps  
With Salad Sticks &  
Baked Wedges

Frozen Yoghurt or Fresh Fruit



### 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

✓ Suitable for vegetarians

Sefton Council

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## Monday

Chicken Tikka with  
50/50 Rice and  
Baked Naan Bread

or

V Cheese, Lentil &  
Courgette Quiche  
Mixed Salad &  
½ Baked Potato

Chocolate &  
Banana Brownie

## Tuesday

Cottage Pie  
with Carrots & Broccoli

or

V Meatball Marinara  
Baguette with Slaw &  
Oven Baked Potato Wedges

Mini Cookie with Fruit slices

## Wednesday

Honey Glazed Gammon  
Cauliflower, Broccoli,  
Carrots & Gravy with  
Paprika Roasted Potatoes

or

Filled Potato Skins  
Cheese & Ham or Cheese V  
With Beans

Mandarin Cheesecake

## Thursday

Home Made Chicken  
& Veg Pie Peas,  
Carrots & Gravy  
Mashed Potato

or

V Sausage and Tomato  
Pasta Bake  
with Crusty Bread

Rice pudding with  
Peaches or Sultanas

## Friday

V Pizza Pockets  
With Chipped Potatoes  
Salad Sticks or Coleslaw

or

V Salmon and  
Vegetable Egg Fried Rice  
50/50 Rice

Jam & Cream Scones

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

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## Monday

**V** Home Made Cheese & Potato Puff Pastry Parcels with Baked Beans

or

**V** BBQ Chicken Breast with Corn on the Cob Noodles or Rice

Fruit Muffin

## Tuesday

Braised Beef with Pasta  
LACA Award Winning Dish  
Mixed Salad

or

**V** Vegetable Korma With 50/50 Rice & Naan Bread

Fruit Jelly & Cream

## Wednesday

Roast Turkey or Roast Pork  
Seasonal Vegetables  
Roast Potatoes & Gravy

or

**V** Quorn Fillet  
Seasonal Vegetables  
Roast Potatoes & Gravy With Beans

Shortbread Finger & Fruit Slices

## Thursday

Meatballs in Gravy with Carrots & Cabbage  
Mashed Potato

or

**V** Vegetable Lasagne with Mixed Salad and Crusty bread

Oat & Apple Slice with Custard or Cream

## Friday

**V** Battered Fish  
Peas & Sweetcorn  
Chipped Potatoes

or

**V** Sausage Roll  
Baked Beans & Hash Browns  
Peach & Pineapple Flapjack

### 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



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