



Week One

Monday

- Oven Baked Sausage, Mash Potatoes, Peas & Onion Gravy
- V Quorn Bolognese & Homemade Garlic Bread,
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Tuesday

Chicken Curry, Basmati Rice & Naan Bread



- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Wednesday

Roast gammon, cauli and broccoli mix, roast potatoes and gravy

- V Quorn Fillet, cauli and broccoli mix, roast potatoes and gravy
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Thursday

V Quorn Nuggets, mixed vegetable rice, sweet & sour or curry sauce

- All in stew, warm crusty bread, beetroot
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Friday

Fishy Friday, garden peas and chipped potatoes



- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Also Available

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

V Suitable for vegetarians

Munchkins

Farnborough Road - November 25

Week Two

Monday

- V Cook's choice pizza, mixed salad and potato wedges
- Meatballs in gravy & seasoned wedges
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Tuesday

Sausage & Bean filled Yorkshire puddings and mashed potato



- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Wednesday

Roast Turkey & gravy, carrot & sweetcorn, roasted potatoes

- V Quorn Fillet, carrot & sweetcorn, roasted potatoes
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Thursday

Chicken Tikka Masala, Yellow rice and naan bread
V Cheese and onion roll with baked beans and mashed potato

- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Friday

Fishy Friday, chipped potatoes, peas & sweetcorn
V Cheese & Red onion quiche, peas & sweetcorn, chipped potatoes

- V Jacket potato with a choice of fillings
- V Selection of sandwiches

A dessert will be served each day.

Sefton Council

Sefton Catering Services



Week Three

Monday

- Sausage roll and baked beans with mini potato waffles
- V Quorn Curry, rice and Naan bread
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Tuesday

Spaghetti Bolognese and crusty bread



- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Wednesday

Roast Chicken & gravy, Broccoli, Cauli & Carrot mix, roast potatoes

- V Quorn Fillet, Broccoli, Cauli & Carrot mix, roast potatoes
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Thursday

Cottage Pie & diced carrots



- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Friday

Fishy Friday, garden peas and skinny fries
V Vegetable Burrito & Salad, Tomato and Sweetcorn Salsa

- V Jacket potato with a choice of fillings
- V Selection of sandwiches

