



# Week One

## Monday

BBQ Chicken & Sunshine Vegetable Rice  
V Mac & Cheese with sweetcorn,  
Jacket potato with Tuna or Cheese  
Ham or Cheese Sandwich

## Tuesday

Big Breakfast



V Jacket Potato with Baked Beans  
Egg or Ham Sandwich

## Wednesday

Roast turkey, carrots & peas, roast potatoes and gravy  
V Quorn Fillet, carrots & peas, roast potatoes & veg gravy  
Jacket Potato with Tuna  
Tuna or Cheese Sandwich

## Thursday

Spaghetti Bolognese & Garlic Bread  
V Quorn & Bean Chilli with Boiled Rice  
Jacket Potato with Baked Beans  
Ham or Cheese Sandwich

## Friday

Fishy Friday, garden peas & sweetcorn and chipped potatoes  
V Cheesy Pasta Bake  
Jacket Potato with Tuna or Cheese  
Ham or Tuna Sandwich

### Also Available

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

V Suitable for vegetarians

# Munchkins

Primary Menu September 25

## Week Two

### Monday

Cooks choice pizza, coleslaw, mixed salad and potato wedges

V Tomato, basil & roasted vegetable pasta with crispy salad  
Jacket Potato with Tuna or Cheese  
Ham or Cheese Sandwich

### Tuesday

Oven Baked Sausage, mashed potato and garden peas



Jacket Potato with Baked Beans  
Tuna or Cheese Sandwich

### Wednesday

Honey glazed gammon, cauliflower & broccoli, paprika roasted potatoes and gravy  
V Quorn Fillet, cauliflower & broccoli, paprika roast potatoes & veg gravy  
Jacket Potato with Tuna  
Ham or Egg Sandwich

### Thursday

Chicken Korma curry with 50/50 rice and naan bread  
V Cheese and onion roll with baked beans  
Jacket Potato with Baked Beans  
Ham Sandwich or Cheese Sandwich

### Friday

Fishy Friday, mushy peas and chipped potatoes  
V Vegetable fajitas with mixed salad and chipped potatoes  
Jacket Potato with Tuna or Cheese  
Ham or Tuna Sandwich

**A dessert will be served each day.**

Sefton Council

Sefton Catering Services



# Week Three

## Monday

Mince pie with mash & veg  
V Tomato pasta with mixed salad  
Jacket Potato with Tuna or Cheese  
Ham or Cheese Sandwich

## Tuesday

Chicken tikka curry, boiled rice and naan bread



Jacket Potato with Baked Beans  
Egg or Ham Sandwich

## Wednesday

Roast Turkey, sweetcorn and green beans, roast potatoes and gravy  
V Quorn Fillet, sweetcorn and green beans, roast potatoes and veg gravy  
Jacket Potato with Tuna  
Tuna or Cheese Sandwich

## Thursday

Cajun Chicken and vegetable pasta with herby bread  
Cheese frittata with jacket potato and beans  
Jacket Potato with Baked Beans  
Ham or Cheese Sandwich

## Friday

Fishy Friday, garden peas, sweetcorn and chipped potatoes  
V Bean & Cheese quesadilla with crispy mixed salad and chipped potatoes  
Jacket Potato with Tuna or Cheese  
Ham or Tuna Sandwich

