



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

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

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 – September 26

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

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

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

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

