



Week One

Monday

- V Cheese & Tomato Pizza, Wedges, Coleslaw & Salad
- V Quorn Curry, Rice and Naan Bread
- V Jacket potato with a choice of fillings
- V Selection of sandwiches

Tuesday

Minced Beef & Onion Pie, Carrots, Mash & Gravy

- V Pasta Pomodoro or



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

Wednesday

Roast Chicken or V Quorn Fillet, cauli and broccoli mix, Roast Potatoes and Gravy

- V Roast Vegetable Frittata, Salad & Coleslaw

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

Thursday

All Day Breakfast (Sausage, Egg, Beans or Tomato & Hash Brown)

- V Tuna Pasta or Mixed Veg Pasta OR



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

Friday

Fishy Friday, sweetcorn and chipped potatoes

- V Quorn Dippers, chipped potatoes and sweetcorn

- 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 26

Week Two

Monday

Chicken Nuggets, Mixed veg rice with Curry or BBQ Sauce

- V Sausage, Mashed potato, mixed veg & Gravy

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

Tuesday

Beef Burger & Bun, Onions & Sauce & Seasoned Oven Baked Wedges

- V Veggie Dippers, Seasoned Oven Baked Wedges & Baked Beans

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

Wednesday

Roast Turkey & Gravy, Carrot & Sweetcorn, Roasted Potatoes

V Quorn and veg Pie, Carrot & Sweetcorn, Roasted Potatoes & Gravy

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

Thursday

Chicken Korma, Basmati rice & Naan Bread

V Meatballs in Sauce, Pasta Twirls & Garlic Bread

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

Friday

Fishy Friday, Skinny Fries, Peas & Sweetcorn

V Cheese & Mixed Bean Enchiladas, Skinny Fries & Mixed Salad

- 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

Bolognese Meatballs & Penne Pasta

V Veggie Burger & Bun, Onions & Sauce, Potato Crunchies

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

Tuesday

Chicken Pie & Gravy. Mashed Potatoes, Carrots & Broccoli

V Oven Baked Quorn Sausage, Veg Gravy, Mashed Potatoes, Carrots & Broccoli

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

Wednesday

Roast Gammon, Cauli Cheese & Roast Potatoes

V Veggie Pasta Bake
Salmon & Veg Pasta Bake



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

Thursday

Minced Beef Lasagne, Garlic Bread & Salad

V Homemade Cheese & Potato Puff & Baked Beans

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

Friday

Fishy Friday, Chipped Potatoes and Peas

V Smokey Quorn & Bean Chilli Rice & Warm Crusty Bread

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

