

Munchkins

Primary Menu September 2023

Week
3

Monday

V Quorn Bolognese
Spaghetti
Wholemeal Bread

or

V Veggie Enchilada
Crispy Salad
Crusty Wholemeal Bread
Iced Muffin

Tuesday

Chicken Tikka Curry
Boiled Rice
Naan Bread

or

V Meatballs in Gravy
Garden Peas
Mashed Potato

Chocolate & Banana Brownie

Wednesday

Roast Pork & Gravy
Sweetcorn & Green Beans
Paprika Potatoes

or

V Quorn Fillet & Gravy
Seasonal Vegetables
Roast Potatoes

Jam Sponge & Custard

Thursday

The Big Breakfast
(Sausage, Beans,
Scrambled Egg,
Toast or Sliced
Brown Bread)

or

Salmon & Broccoli Quiche
Garden Peas
Oven Baked
Potato Wedges
Fruit Jelly & Cream

Friday

Fishy Friday
Garden Peas
Chipped Potatoes

or

V Tomato & Basil Pasta with
Roasted Vegetables
Crispy Salad / Tear Bread

Mini Cookie &
Sliced 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

V Suitable for vegetarians

Sefton Council

