

**Week
1**

Munchkins

Primary Menu September 2023



Monday

Tuna & Vegetable Pasta
Crispy Green Salad

or

V Veggie Meatball Sub with
Tomato Relish and
Crispy Shredded Lettuce

Mini Orange Biscuit &
Fruit Slices

Tuesday

Cottage Pie with
Garden Peas & Sweetcorn

or

V Veggie Sausages
Toad in the Hole
Garden Peas

Creamy Mashed Potato

Fruity Flapjack

Wednesday

Roast Turkey & Gravy
Baton Carrots
Roast Potatoes

or

V Vegetable Lasagne
Crispy Salad
Crusty Bread

Chocolate Sponge &
Chocolate Sauce

Thursday

Deep Filled Meat &
Potato Pie & Greens

or

V Chunky
Vegetable Curry
with 50/50 Rice
Naan Bread

Frozen Yoghurt
or Fresh Fruit

Friday

Fishy Friday
Garden Peas & Sweetcorn
Chipped Potatoes

or

V Cheese & Tomato Quiche
Garden Peas & Sweetcorn
½ Jacket Potato

Lemon Drizzle Cake



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

