

**Week
Three**

Munchkins

Primary Menu September 2021



Monday

V Home Made Cheese & Potato Pie
Peas or Baked Beans
Crusty Bread

V Sweet Potato, Chickpea & Spinach Curry
Sunshine Rice

Shortbread Finger & Orange Wedges

Tuesday

Chicken or Quorn Tikka Masala **V** & Boiled Rice
Home Made Naan Bread

V Loaded Potato Skins with Chilli & Cheese with Coleslaw

Marble Sponge & Custard

Wednesday

Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding

V Quorn Veggie Mince lasagne
Jacket Potato
Crispy Salad

Frozen Mousse

Thursday

Chicken, Bacon & Vegetable Pasta Bake
Crispy Mixed Salad

V Quorn Burger in a Soft Bap, Mayonnaise Dressing
Crispy Salad, Potato Wedges

Yoghurt Muffin

Friday

Fishy Friday Choice
Veg of the Day
Chipped Potatoes

Salmon & Broccoli Quiche or **V** Cheese & Onion Quiche
Veg of the Day
Chipped Potatoes

Cheese, Biscuits and Apple Slices



Available Daily

Fresh Sandwiches, jacket potatoes with fillings, salad and fresh bread

Also Available

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

V Suitable for vegetarians

Sefton Council

Sefton Catering Services

