

## Week One

### Monday

Pizza or Pasta Bonanza  
Or  
V Veggie Pizza or Pasta

Choose from a selection of favourite toppings, salad sticks & Sweetcorn, Jacket potato

Homemade Cookie with Fruit Slices

### Tuesday

Sausages, Baked Beans & Mashed Potatoes

V Sweet Chilli Veg & Quorn Strips, Rice or Noodles

Apple Turnover & Cream

### Wednesday

Deep Filled Meat & Potato Pie with Cabbage, Carrots & Gravy

V Quorn & Veg Tray Bake with Couscous

Carrot, Courgette & Orange Slice

### Thursday

Spaghetti Bolognaise & Crusty Bread

V Sweet Potato & Chickpea Curry with 50/50 Rice

Jam or Syrup Sponge & Custard

### Friday

Jumbo Fish Fingers, Garden or Mushy Peas, Chipped Potatoes

V Selection of Filled Wraps with Salad Sticks & Baked Wedges

Frozen Yoghurt or Fresh Fruit

# Munchkins

Primary Menu April 2022

## Week Two

### Monday

Chicken tikka with 50/50 Rice & Naan Bread

V Cheese, Lentil, & Courgette Quiche, Salad & Baked Potato

Chocolate & Banana Brownie

### Tuesday

Cottage Pie with Carrots & Broccoli

V Meatball Marinara Baguette, Slaw & Baked Wedges

Mini Cookie & Fruit Slices

### Wednesday

Honey Glazed Gammon, Cauliflower, Broccoli, Carrots, Roast Potatoes & Gravy

Filled Potato Skins

Cheese & Ham or V Cheese with Beans

Mandarin Cheesecake

### Thursday

Homemade Chicken & Veg Pie, Peas, carrots, Gravy & Mashed Potatoes

V Sausage & Tomato Pasta Bake with Crusty Bread

Rice Pudding with Peaches or Sultanas

### Friday

V Pizza Pockets with Chipped Potatoes, Salad Sticks and Coleslaw

Salmon & Vegetable Egg Fried Rice

Jam & Cream Scones

## Week Three

### Monday

V Pasta Bolognaise

BBQ Chicken Breast, Corn on the Cob, Noodles or Rice

Fruit Muffin

### Tuesday

Braised Beef with mash

V Vegetable Korma, 50/50 Rice & Naan Bread

Fruit Jelly & Cream

### Wednesday

Roast Turkey or Roast Pork, or V Quorn Fillet with

Seasonal Vegetables, Roast Potatoes & Gravy

Shortbread Finger & Fruit Slices

### Thursday

Meatballs in Gravy, Cabbage, Carrots & Mashed Potatoes

V Vegetable Lasagne, Mixed Salad & Crusty Bread

Oat & Apple Slice with Custard or Cream

### Friday

Battered Fish, Peas & Sweetcorn, Chipped Potatoes

V Sausage Roll, Baked Beans & Hash Browns

Peach & Pineapple Flapjack

#### 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

Sefton Catering Services



Pasta KING

Served here

