

## Week 1

### Monday

Tuna & Veg Pasta & Salad

Scouse

✓ Quorn Scouse

Shortbread Biscuit

### Tuesday

Big Breakfast

✓ Cheese Pie & Baked Beans

Oat, Apple & Honey Slice

### Wednesday

Chicken fillet, carrots & peas,  
roast potato

✓ Quorn & Bean Chilli with boiled  
rice

Fruit Jelly & Cream

### Thursday

Beef Bolognese & Garlic Bread  
with side salad

✓ Sweet potato & Chickpea curry  
with vegetable rice

Fruit sponge & custard

### Friday

Fishy Friday, Garden Peas &  
Sweetcorn, Chipped Potatoes

✓ Broccoli & Cauli Cheesy  
pasta bake

Chocolate & banana brownie



Served here

#### 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

✓ Suitable for vegetarians

# Munchkins

Primary Menu September 2023

## Week 2

### Monday

Cook's Choice Pizza, Coleslaw,  
Salad, ½ Jacket Potato

✓ Tomato, basil & roasted  
vegetable pasta

Peach & Pineapple flapjack

### Tuesday

Oven baked sausage, mashed  
potato & Peas

✓ Veggie curry with rice & naan  
bread

Homemade biscuit & fresh fruit  
slice

### Wednesday

Honey Glazed Gammon,  
Vegetables, Paprika Roast Potatoes  
& Gravy

✓ Vegetable tray bake & crispy  
salad

Jam sponge & custard

### Thursday

Chicken Korma Curry, with rice and  
naan bread

✓ Cheese & Potato puff & baked beans

Ice cream pot

### Friday

Fishy Friday, Mushy Peas,  
Chipped Potatoes

✓ Veggie fajitas with mixed salad  
& chipped potatoes

Lemon drizzle cake

## Week 3

### Monday

Sausage Roll, wedges & beans

✓ Veggie cottage pie & greens

Fruity oat cookie

### Tuesday

Chicken Tikka Curry, Rice, Naan

✓ Salmon quiche with salad  
sticks & potato wedges

Vanilla cup cake

### Wednesday

Roast Turkey & Gravy, Sweetcorn,  
Green Beans, Potatoes

✓ Quorn Bolognese with pasta and  
onion bread

Marble cake

### Thursday

Meatballs, cream potato & mixed  
vegetables

✓ Cheese, onion & salmon frittata  
with jacket potato & salad

Frozen yoghurt pot

### Friday

Fishy Friday, Peas & Sweetcorn,  
Chipped Potatoes

✓ Bean & cheese quesadilla with  
crispy mixed salad and chipped  
potatoes

Fruit Cookie