

Munchkins

Primary Menu September 2023

Week
1

Monday

Tuna & Vegetable Pasta
Crispy Green Salad

or

✓ Veggie Meatball Sub with
Tomato Relish and
Crispy Shredded Lettuce

Mini Orange Biscuit &
Fruit Slices

Tuesday

Cottage Pie with
Garden Peas & Sweetcorn

or

✓ Veggie Sausages
Toad in the Hole
Garden Peas
Creamy Mashed Potato

Fruity Flapjack

Wednesday

Roast Turkey & Gravy
Baton Carrots
Roast Potatoes

or

✓ Vegetable Lasagne
Crispy Salad
Crusty Bread

Chocolate Sponge &
Chocolate Sauce

Thursday

Deep Filled Meat &
Potato Pie & Greens

or

✓ Chunky
Vegetable Curry
with 50/50 Rice
Naan Bread

Frozen Yoghurt
or Fresh Fruit

Friday

Fishy Friday
Garden Peas & Sweetcorn
Chipped Potatoes

or

✓ 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

✓ Suitable for vegetarians

Sefton Council



**Week
2**

Munchkins

Primary Menu September 2023



Monday

✓ Cooks Choice Pizza
Coleslaw, Mixed Salad
½ Jacket Potato

or

✓ Veggie Sweet & Sour
Boiled Rice

Shortbread Biscuit
& Sliced Fruit

Tuesday

Chicken Curry
Boiled Rice
Naan Bread

or

✓ Herby Cheese &
Potato Puff Pastry Turnover
Baked Beans

Ice Cream Pot

Wednesday

Honey Glazed Gammon
Cauliflower, Broccoli,
Carrots & Gravy
with Paprika Roasted Potatoes

or

✓ Sliced Quorn Fillet & Gravy
Vegetable Medley
Roast Potatoes

Rice Pudding & Jam Sauce

Thursday

Traditional Beef Scouse
Beetroot or Cabbage
Crusty Bread

or

✓ Loaded Vegetable
& Lentil Cottage Pie
& Greens

Fresh Fruit Salad

Friday

Fishy Friday
Mushy Peas
Chipped Potatoes

✓ Roasted Vegetable Pesto Pasta
Crispy Salad

Fairy 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

✓ Suitable for vegetarians



Sefton Council



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

