

## Week 1

### Monday

Tuna & Vegetable Pasta  
Crispy Green Salad

or

V Veggie Meatball Sub with Tomato  
Relish and Crispy Shredded Lettuce  
Chipped Potatoes

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

# Munchkins

Primary Menu September 2023

## Week 2

### Monday

V Cooks Choice Pizza  
Coleslaw, Mixed Salad  
½ Jacket Potato

or

V Veggie Sweet & Sour  
Boiled Rice

Shortbread Biscuit & Sliced Fruit

### Tuesday

Chicken Curry  
Boiled Rice  
Naan Bread

or

V Herby Cheese & Potato Puff  
Pastry Turnover  
Baked Beans

Ice Cream Pot

### Wednesday

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

or

V Sliced Quorn Fillet & Gravy  
Vegetable Medley  
Roast Potatoes

Rice Pudding & Jam Sauce

### Thursday

Traditional Beef Scouse  
Beetroot or Cabbage  
Crusty Bread

or

V Loaded Vegetable &  
Lentil Cottage Pie & Greens

Fresh Fruit Salad

### Friday

Fishy Friday  
Mushy Peas  
Chipped Potatoes

V Roasted Vegetable Pesto Pasta  
Crispy Salad

Fairy Cake

## 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