

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

Homemade Cheese & Potato Puff Pastry Parcels
Baked Beans

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

Fruit Muffin

Tuesday

Braised Beef with pasta
LACA Award Winning Dish

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

LACA

the school food people

MENU CHECKED

2022 - 2023

