

**Week
1**

Broccoli
contains more
calcium than milk

Munchkins

Let's make some HEALTHY CHOICES

Vitamin C
fights
infections

Monday

Oven Baked Sausage **H**
Mash Potatoes, Peas
& Onion Gravy

or

V Quorn Bolognese **H** &
Homemade Garlic Bread

Oat Cookies **V**

Tuesday

Chicken Curry **H**
Basmati Rice & Naan Bread

or

V Cheese & Potato Pie
Baked Beans

Choc Chip Muffin **V**

Wednesday

Roast Gammon or
V Quorn Fillet **H**
Cauli and Broccoli Mix
Roast Potatoes & Gravy

or

V Baked Cherry Tomato Frittata,
Potato Wedges
Side Salad

Fruit Jelly **V H**

Thursday

V Quorn Nuggets **H**
Mixed Vegetable Rice
Sweet & Sour or
Curry Sauce

or

All in Stew
Warm Crusty Bread
Beetroot

Iced Fairy Cake **V H**

Friday

Fishy Friday
Chipped Potatoes
Garden Peas

or

V Pasta Bake **H**
Crispy Green Salad

Shortbread Finger **V H**

Protein
gives you
strength



Eat more fresh
food to boost
your brain

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

H Halal

H Halal Alternative – please ask for more information

Sefton Council



**Week
2**

Broccoli
contains more
calcium than milk

Munchkins

Let's make some HEALTHY CHOICES

Vitamin C
fights
infections

Monday

V Cooks Choice Pizza **H**
Mixed Salad &
Seasoned Wedges

or

V Meatballs in Gravy
Mixed Vegetables &
Seasoned Wedges

Homemade Biscuit **V H**

Tuesday

Sausage & Bean Filled
Yorkshire Puddings &
Mashed Potatoes

or

V Pasta Bake Topped with
Mozzarella Cheese **H**
Garlic Bread

Jam & Coconut
Sponge Finger **V**

Wednesday

Roast Turkey & Gravy
Carrot & Sweetcorn
Roast Potatoes

or

V Baked Quorn
Sausage **H** Gravy
Carrots & Sweetcorn
Roast Potatoes

Frozen Yoghurt Pot **V**

Thursday

Chicken Tikka Masala **H**
Yellow Rice
Naan Bread

or

V Cheese &
Potato Whirls
Baked Beans

V Choice of Fresh Fruit **H**
or Cheese & Crackers

Friday

Fishy Friday
Chipped Potatoes
Peas & Sweetcorn

or

V Cheese & Red Onion Quiche
Peas & Sweetcorn
Chipped Potatoes

Chocolate &
Banana Muffin **V H**

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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

H Halal

H Halal Alternative – please ask for more information

Sefton Council



**Week
3**

Broccoli
contains more
calcium than milk

Munchkins

Let's make some HEALTHY CHOICES

Vitamin C
fights
infections

Monday

Sausage Roll & Baked Beans
Oven baked Mini Potato
Waffles

or

V Quorn Curry H
Rice
Naan Bread

Cherry Shortbread V H

Tuesday

Spaghetti Bolognese
Crusty Bread

or

V Cheese H or Pepperoni
Pizza Slice
Coleslaw & Jacket Potato

Jam Tart & Custard V

Wednesday

Roast Chicken H & Gravy
Broccoli, Cauli and Carrot mix
Roast Potatoes

or

V Quorn Mince & Veg Pie
Roast Potatoes

V Fruit Jelly H & Cream

Thursday

Cottage Pie
Diced Carrots

Chicken & Bacon
or Quorn V H

Pasta
Broccoli

Apple & Raisin
Flap Jacks V H

Friday

Fishy Friday
Peas & Skinny Fries

or

V Vegetable Burrito & Salad
Tomato and Sweetcorn Salsa

Lemon Drizzle Cake V H

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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

H Halal

H Halal Alternative – please ask for more information

Sefton Council

