

Sefton Catering Services - Primary Menu September 2020

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>✓ Home Made Margherita Pizza Crispy Salad Potato Wedges</p> <p>Fruity Flap Jack</p>	<p>Home Made Sausage Plait Baked Beans Mashed Potatoes</p> <p>Fruit Jelly & Cream</p>	<p>Roast Chicken Breast & Gravy or ✓ Quorn Fillet Seasonal Vegetables Roast Potatoes</p> <p>Chocolate Sponge & Chocolate Sauce</p>	<p>Traditional Liverpool Scouse Including Hearty Vegetables & Potatoes Crusty Bread</p> <p>Lemon Drizzle Sponge Finger</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Oaty Biscuit and Orange Slice</p>
Week 2	<p>✓ Vegetarian Brunch Linda McCartney Veggie Sausage, Baked Beans or Tomato or Egg, Toast</p> <p>Chocolate Crunch Biscuit</p>	<p>Home Made Minced Beef & Vegetable Pie, Gravy Veg of the Day Mashed Potatoes</p> <p>Frozen Yoghurt</p>	<p>Roast Gammon Veg of the Day Roast Potatoes</p> <p>Apple Crumble & Custard</p>	<p>Chinese Chicken Curry or ✓ Veggie Curry Tricolour Rice</p> <p>Banana & Sultana Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Fresh Fruit Medley</p>
Week 3	<p>✓ Home Made Cheese & Potato Pie Garden Peas or Baked Beans Crusty Bread</p> <p>Shortbread Finger & Orange Wedges</p>	<p>Chicken or Quorn Tikka Masala Boiled Rice Home Made Naan Bread</p> <p>Marble Sponge and Custard</p>	<p>Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding</p> <p>Frozen Mousse</p>	<p>Chicken, Bacon & Vegetable Pasta Bake Crispy Mixed Salad</p> <p>Yoghurt Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Cheese, Biscuits and Apple Slices</p>
Available Daily	Freshly made sandwiches or wraps (Cheese, Tuna, Turkey, Ham)				