

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>✓ Vegetable Curry Boiled Rice Naan Bread</p> <p>Fruity Flap Jack</p>	<p>Home Made Sausage Platt Baked Beans Mashed Potatoes</p> <p>✓ Quorn Cottage Pie Veg of the Day</p> <p>Fruit Jelly & Cream</p>	<p>Roast Chicken Breast & Gravy or ✓ Quorn Fillet Seasonal Vegetables Roast Potatoes</p> <p>✓ Cauli & Broccoli Cheese Bake Roast Potatoes</p> <p>Chocolate Sponge & Chocolate Sauce</p>	<p>Traditional Liverpool Scouse Including Hearty Vegetables & Potatoes Crusty Bread</p> <p>✓ Quorn Swedish Style Balls in Tomato Sauce with Wholegrain Pasta Twists Crispy Salad, Crusty Bread</p> <p>Lemon Drizzle Sponge Finger</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>✓ Mildly Spicy Bean and Cheese Quesadilla (folded soft tortilla wraps) 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>✓ Puff Pastry Cheese & Tomato Parcels Baked Beans, Chocolate Crunch Biscuit</p>	<p>Home Made Minced Beef & Vegetable Pie, Gravy Veg of the Day Mashed Potatoes</p> <p>✓ Vegetable & Lentil Stew Fresh Baked Bread</p> <p>Frozen Yoghurt</p>	<p>Roast Gammon Veg of the Day Roast Potatoes</p> <p>✓ Quorn Bolognese with Pasta Twists Home Made Garlic Bread</p> <p>Apple Crumble & Custard</p>	<p>Chinese Chicken Curry or ✓ Veggie Curry Tricolour Rice</p> <p>✓ Caribbean Jerk Quorn Fillet Strips Peas & Sweetcorn Medley Potato Wedges</p> <p>Banana & Sultana Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p><u>Friday Picnic</u></p> <p>✓ Filled ½ Wrap, Mini Pizza, Veggie Sticks 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>✓ Sweet Potato, Chickpea & Spinach Curry Sunshine Rice</p> <p>Shortbread Finger & Orange Wedges</p>	<p>Chicken or Quorn Tikka Masala Boiled Rice Home Made Naan Bread</p> <p>✓ Loaded Potato Skins with Veggie Chilli and Melted Cheese Topping & Coleslaw</p> <p>Marble Sponge and Custard</p>	<p>Oven Baked Sausage, Garden Peas, Mash & Gravy in a Yorkshire Pudding</p> <p>✓ Quorn Veggie Mince lasagne ½ Jacket Potato Crispy Salad</p> <p>Frozen Mousse</p>	<p>Chicken, Bacon & Vegetable Pasta Bake Crispy Mixed Salad</p> <p>✓ Quorn Burger in a Soft Bap, Mayonnaise Dressing Crispy Salad, Potato Wedges</p> <p>Yoghurt Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Salmon & Broccoli Quiche or ✓ Cheese & Onion Quiche Veg of the Day Chipped Potatoes</p> <p>Cheese, Biscuits and Apple Slices</p>
Available Daily	<p>Jacket potatoes with various fillings Freshly made sandwiches, wraps or filled rolls Deli bar or salad bar (where available)</p> <p>Fresh wholemeal bread Fruit or yoghurts</p> <p>Fresh fruit juice, semi skimmed milk or fresh water</p>				