

## Week 1

### Monday

Tuna & Veg Pasta  
Green Salad

or

V Meatball Sub with Relish  
Chips

Mini Biscuit & Fruit Slices

### Tuesday

Cottage Pie  
Peas & Sweetcorn

or

V Toad in the Hole  
Peas & Mash

Jelly

### Wednesday

Roast Chicken  
Veg & Roast Potatoes

or

V Lasagne  
Salad & Crusty Bread

Fruit Crumble & Custard

### Thursday

Meat & Potato Pie  
Veg

or

V Curry  
Rice & Naan Bread

Lemon Drizzle

### Friday

Fishy Friday  
Chips, Peas & Sweetcorn

or

V Cheese & Tomato Quiche  
½ Jacket Potato Peas & Sweetcorn  
Frozen Yoghurt

#### 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 Pizza Salad  
½ Jacket Potato & Coleslaw

or

V Sweet & Sour Boiled Rice  
Shortbread Biscuit & Fruit

### Tuesday

Chicken Curry  
Rice & Naan Bread

or

V Cheese & Potato Puff  
Baked Beans  
Fairy Cake

### Wednesday

Gammon  
Veg & Roast Potatoes

or

V Quorn Fillet & Gravy  
Roast Potatoes & Veg  
Rice Pudding

### Thursday

Beef Scouse & Crusty Bread  
Beetroot/Cabbage

or

V Lentil & Veg Cottage Pie  
Greens  
Jelly

### Friday

Fishy Friday  
Chips & Peas

or

V Vegetable Pasta Salad  
Frozen Yoghurt

## Week 3

### Monday

V Quorn Bolognese Bread  
or

V Veggie Enchilada  
Salad & Bread  
Iced Muffin

### Tuesday

Chicken Curry  
Boiled Rice & Naan Bread  
or

V Meatballs & Gravy  
Mash Potatoes & Peas  
Jelly

### Wednesday

Roast Turkey & Gravy  
Sweetcorn, Peas & Potatoes

or

V Quorn Fillet & Gravy  
Roast Potatoes & Veg  
Sponge & Custard

### Thursday

Big Breakfast  
Sausage, Beans,  
Scrambled Egg & Toast

or

V Salmon & Broccoli Quiche  
Peas & Wedges  
Mini Cookie & Fruit

### Friday

Fishy Friday  
Chips & Peas

or

V Tomato Pasta & Veg  
Salad & Bread  
Frozen Yoghurt