

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>Roast Chicken Breast &amp; Gravy or ✓ Quorn Fillet Seasonal Vegetables Roast Potatoes</p> <p>✓ Cauli &amp; Broccoli Cheese Bake Roast Potatoes</p> <p>Chocolate Sponge &amp; Chocolate Sauce</p>	<p>Home Made Sausage Plait Baked Beans Mashed Potatoes</p> <p>✓ Quorn Cottage Pie Veg of the Day</p> <p>Fruit Jelly &amp; Cream</p>	<p>Traditional Liverpool Scouse Including Hearty Vegetables &amp; 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 &amp; Tomato Parcels Baked Beans, Chocolate Crunch Biscuit</p>	<p>Home Made Minced Beef &amp; Vegetable Pie, Gravy Veg of the Day Mashed Potatoes</p> <p>✓ Vegetable &amp; Lentil Stew Fresh Baked Bread</p> <p>Apple Crumble &amp; Custard</p>	<p>Roast Gammon Veg of the Day Roast Potatoes</p> <p>✓ Quorn Bolognese with Pasta Twists Home Made Garlic Bread</p> <p>Frozen Yoghurt</p>	<p>Chinese Chicken Curry or ✓ Veggie Curry Tricolour Rice</p> <p>✓ Caribbean Jerk Quorn Fillet Strips Peas &amp; Sweetcorn Medley Potato Wedges</p> <p>Fresh Fruit Medley</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>Banana &amp; Sultana Muffin</p>
Week 3	<p>✓ Home Made Cheese &amp; Potato Pie Garden Peas or Baked Beans Crusty Bread</p> <p>✓ Quorn Burger in a Soft Bap, Mayonnaise Dressing Crispy Salad, Potato Wedges</p> <p>Shortbread Finger &amp; 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 &amp; Coleslaw</p> <p>Marble Sponge and Custard</p>	<p>Oven Baked Sausage, Garden Peas, Mash &amp; Gravy in a Yorkshire Pudding</p> <p>✓ Quorn Veggie Mince lasagne ½ Jacket Potato Crispy Salad</p> <p>Frozen Mousse</p>	<p>Chicken, Bacon &amp; Vegetable Pasta Bake Crispy Mixed Salad</p> <p>✓ Sweet Potato, Chickpea &amp; Spinach Curry Sunshine Rice</p> <p>Yoghurt Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Salmon &amp; Broccoli Quiche or ✓ Cheese &amp; Onion Quiche Veg of the Day Chipped Potatoes</p> <p>Cheese, Biscuits and Apple Slices</p>

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Available Daily	Jacket potatoes with various fillings	Freshly made sandwiches, wraps or filled rolls Fresh wholemeal bread      Fruit or yoghurts Fresh fruit juice, semi skimmed milk or fresh water	Deli bar or salad bar (where available)
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