

Menu

+ chicken salad
6 pack lunches

Sefton Catering Services

Primary Menu April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 Option A	Pizza or Pasta Bonanza Choose from a selection of favourite toppings, salad sticks & sweetcorn Plus ½ Jacket Potato	Sausage, Baked Beans & Mashed Potato	Deep filled Meat & Potato Pie with Cabbage, Carrots & Gravy	Spaghetti Bolognese With Crusty Bread	Jumbo Fish Fingers Peas (Garden or Mushy) Chipped Potatoes
Option B	(V) Veggie Pizza or Pasta Served with Salad Sticks or Sweetcorn Plus, ½ Jacket Potato	(V) Sweet Chilli Veg & Quorn strips with Rice or Noodles	(V) Quorn and Vegetable Tray Bake With Couscous	(V) Sweet Potato & Chickpea Curry With 50/50 Rice	(V) Selection of Wraps With Salad Sticks & Baked Wedges
Jackets	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Sandwiches Rolls or wraps	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Deserts	Homemade Cookie with Fruit Slices	Apple Turnover with Cream	Carrot, Courgette and Orange Slice	Jam or Syrup Sponge with Custard	Frozen Yoghurt or Fresh Fruit
WEEK 2 Option A	Monday Chicken Tikka with 50/50 Rice and Baked Naan Bread	Tuesday Cottage Pie with Carrots & Broccoli	Wednesday Honey Glazed Gammon Cauliflower, Broccoli, Carrots & Gravy with Paprika Roasted Potatoes	Thursday Home Made Chicken & Veg Pie Peas, Carrots & Gravy Mashed Potato	Friday (V) Pizza Pockets With Chipped Potatoes Salad Sticks or Coleslaw
Option B	(V) Cheese, Lentil & Courgette Quiche Mixed Salad & ½ Baked Potato	(V) Meatball Marinara Baguette with Slaw & Oven Baked Potato Wedges	Filled Potato Skins Cheese & Ham or Cheese (V) With Beans	(V) Sausage and Tomato Pasta Bake with Crusty Bread	Salmon and Vegetable Egg Fried 50/50 Rice
Jackets	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Sandwiches Rolls or wraps	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Deserts	Chocolate & Banana Brownie	Mini Cookie with Fruit slices	Mandarin Cheesecake	Rice pudding with Peaches or Sultanas	Jam & Cream Scones
WEEK 3 Option A	Monday (V) Home Made Cheese & Potato Puff Pastry Parcels with Baked Beans	Tuesday Braised Beef with Pasta LACA Award Winning Dish Mixed Salad	Wednesday Roast Turkey or Roast Pork Seasonal Vegetables Roast Potatoes & Gravy	Thursday Meatballs in Gravy with Carrots & Cabbage Mashed Potato	Friday Battered Fish Peas & Sweetcorn Chipped Potatoes
Option B	BBQ Chicken Breast with Corn on the Cob Noodles or Rice	(V) Vegetable Korona With 50/50 Rice & Naan Bread	(V) Quorn Fillet Seasonal Vegetables Roast Potatoes & Gravy	(V) Vegetable Lasagne with Mixed Salad and Crusty bread	(V) Sausage Roll Baked Beans & Hash Browns
Jackets	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Sandwiches Rolls or wraps	Various Fillings	Various Fillings	Various Fillings	Various Fillings	Various Fillings
Deserts	Fruit Muffin	Fruit Jelly & Cream	Shortbread Finger & Fruit Slices	Oat & Apple Slice with Custard or Cream	Peach & Pineapple Flapjack

12

21 Oct 22

12
6

Thanks Sue

07583259383