

Munchkins

Meals that make a
Difference

Week
1

Monday

BBQ Chicken with
Sunshine Vegetable Rice

or

V Mac & Cheese
with Mixed Green Salad

Shortbread Biscuit

Tuesday

Big Breakfast

or

V Tuna Pasta Bake
& Crispy Salad

Oat, Apple & Honey Slice

Wednesday

Chicken & Vegetable Pie,
Carrots & Peas,
Roast Potatoes

or

V Quorn & Bean Chilli
with Boiled Rice

Fruit Jelly & Cream

Thursday

Beef Lasagne
& Garlic Bread
with Side Salad

or

V Sweet Potato &
Chickpea Curry,
Vegetable Rice

Fruit Sponge
& Custard

Friday

Fishy Friday
Garden Peas & Sweetcorn,
Chipped Potatoes

or

V Broccoli & Cauli Cheesy
Pasta Bake

Chocolate &
Banana Brownie

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

Sefton Council



Munchkins

Meals that make a
Difference

Week
2

Monday

Cooks Choice Pizza,
Coleslaw, Mixed Salad,
½ Jacket Potato

or

V Tomato, Basil &
Roasted Vegetable Pasta
With Crispy Salad

Peach & Pineapple Flapjack

Tuesday

Oven Baked Sausage,
Mashed Potato & Garden Peas

or

V Veggie Curry with Rice
& Naan Bread

Homemade Mini Biscuit
& Fresh Fruit Slice

Wednesday

Honey Glazed Gammon,
Cauliflower, Broccoli & Gravy
with Paprika Roasted Potatoes

or

V Vegetable Tray Bake,
Crispy Green Salad

Jam Sponge & Custard

Thursday

Chicken Korma Curry
With 50/50 Rice,
Naan Bread

or

V Cheese & Potato Puff,
Baked Beans

Ice Cream Pot

Friday

Fishy Friday Mushy Peas,
Chipped Potatoes

or

V Veggie Fajitas With Mixed Salad,
Chipped Potatoes

Lemon Drizzle Cake

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

Sefton Council



Munchkins

Meals that make a
Difference

Week
3

Monday

Sausage & Tomato Pasta
with Mixed Salad

or

V Veggie
Cottage Pie & Greens

Fruity Oat Cookie

Tuesday

Chicken Tikka Curry
with Boiled Rice & Naan Bread

or

V Pizza Pockets with Salad Sticks,
Potato Wedges

Vanilla Cup Cake

Wednesday

Roast Turkey & Gravy,
Sweetcorn & Green Beans,
Paprika Potatoes

or

V Quorn Bolognese with Pasta
& Onion Bread

Marble Cake

Thursday

Cajun Chicken &
Vegetable Pasta with
Herby Bread

or

V Cheese & Onion or
Salmon & Broccoli
Frittata with
Jacket Potato & Salad

Frozen Yoghurt Pot

Friday

Fishy Friday
Garden Peas & Sweetcorn,
Chipped Potatoes

or

V Bean & Cheese Quesadilla
with Crispy Mixed Salad
& Chipped Potatoes

Cookie

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

Sefton Council

