

# Primary Menu September 2023

# Sefton Catering Services

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Tuna &amp; Vegetable Pasta Crispy Green Salad</p> <p>Sausage Roll, Hash Browns Beans</p>	<p>Sausage, or Veggie Sausage Toad in the Hole Garden Peas Creamy Mashed Potato</p> <p>Cottage Pie with Garden Peas and Sweetcorn</p>	<p>Roast Turkey, Roast Potatoes Baton Carrots &amp; Gravy</p> <p>(V) Vegetable Lasagne Crispy Salad Crusty Bread</p>	<p>Deep Filled Meat and Potato Pie Greens</p> <p>(V) Quorn Korma With 50/50 Rice Naan Bread</p>	<p>Fishy Friday Garden Peas &amp; Sweetcorn Chipped Potatoes</p> <p>Cheese &amp; Tomato Quiche Garden Peas &amp; Sweetcorn ½ Jacket Potato</p>
	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings
	Mini Orange biscuit with Fruit Slices	Fruity Flapjack	Chocolate Sponge & Chocolate Sauce	Frozen Yoghurt or Fresh Fruit	Lemon Drizzle Cake
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	<p>Cooks Choice Pizza Coleslaw, Mixed Salad Chips</p> <p>Veggie Sweet &amp; Sour Boiled Rice</p>	<p>Herby Cheese &amp; Potato Puff Pastry Turnover Baked Beans</p> <p>Chicken or Quorn Curry Boiled Rice Naan Bread</p>	<p>Honey Glazed Gammon Cauliflower, Broccoli, Carrots &amp; Gravy with Paprika Roasted Potatoes</p> <p>(V) Quorn Fillet Seasonal Vegetables Roast Potatoes &amp; Gravy</p>	<p>Traditional Beef Scouse Beetroot or Cabbage Crusty Bread</p> <p>Veggie Sausage, Mash &amp; Beans</p>	<p>Fishy Friday Garden Peas &amp; Sweetcorn Chipped Potatoes</p> <p>Roasted Vegetable Pesto Pasta Crispy Salad</p>
	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings
	Shortbread Biscuit & Sliced Fruit	Ice Cream Pot	Rice Pudding & Jam Sauce	Fresh Fruit Salad	Fairy Cake
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	<p>Quorn Bolognese Spaghetti Wholemeal Bread</p> <p>Veggie Enchilada Crispy Salad Crusty Wholemeal Bread</p>	<p>Meatballs or Veggie Meatballs in Gravy Garden Peas Mashed Potato</p> <p>(V) Quorn Korma With 50/50 Rice &amp; Naan Bread</p>	<p>Roast Pork Sweetcorn &amp; Green Beans Paprika Potatoes &amp; Gravy</p> <p>(V) Quorn Fillet Seasonal Vegetables Roast Potatoes &amp; Gravy</p>	<p>The Big Breakfast (Sausage, Beans, Scrambled Egg, Hash Brown, Toast or Sliced Bread)</p> <p>Salmon &amp; Broccoli Quiche Garden Peas Oved Baked Potato Wedges</p>	<p>Fishy Friday Garden Peas Chipped Potatoes</p> <p>Tomato &amp; Basil Pasta with Roasted Vegetables Crispy Salad/ Tear Bread</p>
	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings	Jackets, Sandwiches, Rolls or wraps Various Fillings
	Iced Muffin	Chocolate & Banana Brownie	Jam Sponge & Custard	Fruit Jelly & Cream	Mini Cookie & Sliced Fruit

MENU CYCLE CALENDAR SEPTEMBER 2023	
WEEK COMMENCING	
5 <sup>TH</sup> September	Week 1
11 <sup>th</sup>	Week 2
18 <sup>th</sup>	Week 3
25 <sup>th</sup>	Week 1
2 <sup>nd</sup> October	Week2
9 <sup>th</sup>	Week 3
16 <sup>th</sup>	Week 1
23 <sup>rd</sup>	Half Term
30 <sup>th</sup>	Week 3
6 <sup>th</sup> November	Week 1
13 <sup>th</sup>	Week 2
20 <sup>th</sup>	Week 3
27 <sup>th</sup>	Week 1
4 <sup>th</sup> December	Week 2
11 <sup>th</sup>	Week 3
18 <sup>th</sup>	Week 1
25 <sup>th</sup>	Holidays
1 <sup>st</sup> January	Week 3
8 <sup>th</sup>	Week 1
15 <sup>th</sup>	Week 2
22 <sup>nd</sup>	Week 3
29 <sup>th</sup>	Week 1
5 <sup>th</sup> February	Week 2
12 <sup>th</sup>	Half Term
19 <sup>th</sup>	Week 1
26 <sup>th</sup>	Week 2
4 <sup>th</sup> March	Week 3
11 <sup>th</sup>	Week 1
18 <sup>th</sup>	Week 2
25 <sup>th</sup>	Week 3

1 <sup>st</sup> April	Holidays
8 <sup>th</sup>	Holidays
15 <sup>th</sup>	Week 3
22 <sup>nd</sup>	Week 1
29 <sup>th</sup>	Week 2
6 <sup>th</sup> May	Week 3
13 <sup>th</sup>	Week 1
20 <sup>th</sup>	Week 2
27 <sup>th</sup>	Holidays
29 <sup>th</sup>	Week 1
3 <sup>rd</sup> June	Week 2
10 <sup>th</sup>	Week 3
17 <sup>th</sup>	Week 1
24 <sup>th</sup>	Week 2
1 <sup>st</sup> July	Week 3
8 <sup>th</sup>	Week 1
15 <sup>th</sup>	Week 2