

Love

Monday

Meatballs in Tomato Sauce with
Vegetable (Peas and Sweetcorn) Rice

✓ Tomato Pasta with Garlic Bread GF

Baked Jacket Potato with Baked
Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches

Jelly, Yoghurt and Fresh Fruit

LUNCH

@BIRKENHEAD JUNIOR

Wednesday

Roast Beef, Yorkshire Pudding with
Roast Potatoes, Broccoli and Carrots
GF

✓ Quorn Fillet, Roast Potatoes,
Broccoli and Carrots GF

Baked Jacket Potato with Baked
Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches

Tuesday

Fresh BBQ Chicken Wraps with Potato
New potatoes and Sweetcorn GF

✓ Macaroni Cheese Bake GF
with Garlic Bread

Baked Jacket Potato
with Baked Beans, Cheese or Tuna
Mayonnaise

Assorted Sandwiches

Cookie and Fresh Fruit

WEEK 1

Thursday

Chinese Chicken Curry with Rice and
Mini Naan bread GF

✓ Vegetable Curry with Rice and
Mini Naan bread GF

Baked Jacket Potato with Baked Beans,
Cheese or Tuna Mayonnaise

Assorted Sandwiches

Fruit Crumble with Custard and Fresh

Friday

Harry Ramsden's Battered Fish with
Chips, Peas or Beans

Sausage rolls or

✓ Cheese and Onion Rolls
with Chips, Peas or Beans

Baked Jacket Potato with Baked Beans,
Cheese or Tuna Mayonnaise

Assorted Sandwiches

DAILY

Salad Bar, Bread,
Fruit, Yoghurt,
Drinks,
Gluten Free
Available
on Request

Monday

Fresh BBQ Chicken Wraps

✓ Pasta Bar GF

Served with Garlic Bread

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Jelly, Yoghurt and Fresh Fruit

LUNCH

@BIRKENHEAD JUNIOR

Wednesday

Roast Turkey

Roast Potatoes, Broccoli and Carrots

GF

✓ Cheese and Onion Pie

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Shortbread and Fresh Fruit

Tuesday

Fresh Beef Lasagne GF

Served with Garlic Bread

✓ Vegetable Lasagne GF

Served with Garlic Bread

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Jelly, Flapjacks and Fresh Fruit

WEEK 2

Thursday

Pie of the Day

✓ Fresh Vegetable Wrap

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Sponge and Custard and Fresh Fruit

Friday

Salt & Vinegar Fish Goujons

Chicken nuggets GF

✓ Vegetable nuggets GF

With chips, beans or peas

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

DAILY

Salad Bar, Bread,
Fruit, Yoghurt,
Drinks,
Gluten Free
Available
on Request

Love



Monday

Butcher's Sausages GF

✓ Vegetable Sausages GF

with Mash, Vegetables and Gravy

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise
Assorted Sandwiches and Soft Rolls

Jelly, Yoghurt and Fresh Fruit

LUNCH

@BIRKENHEAD JUNIOR



Wednesday

Roast Chicken Dinner GF

Roast Potatoes, Broccoli and Carrots

✓ Cauliflower and Broccoli Bake
GF

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Jelly, Yoghurt and Fresh Fruit

WEEK 3

Thursday

Fresh Chicken Wrap

✓ Roasted Peppers GF

Stuffed with Vegetable Rice

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Victoria Sponge Slice and Fresh Fruit

DAILY

Salad Bar, Bread,
Fruit, Yoghurt,
Drinks,
Gluten Free
Available
on Request

Tuesday

Breaded Chicken Breast GF
with Vegetable Rice

✓ Pasta Bar GF

Served with Garlic Bread

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Melting Moments and Fresh Fruit



Friday

Harry Ramsdens
Seaside Pollock fillets

✓ Cheese and Tomato Pizza GF

Baked Jacket Potato with Baked Beans, Cheese or Tuna Mayonnaise

Assorted Sandwiches and Soft Rolls

Cookie, Yoghurt and Fresh Fruit