

Our menus



Week one

Monday

Katsu chicken curry with rice and naan bread

✓ Mediterranean stuffed peppers with new potatoes and salad

Contains: Wheat, sulphur dioxide & sulphites, milk, cereals containing gluten, soya
May contain: Celery

Tuesday

Chef's choice pie with mash, peas and gravy

✓ Lasagne with garlic bread

Contains: Wheat, soya, milk, cereals containing gluten
May contain: Rye, oats, eggs

Wednesday

Piri piri chicken with sweet potato fries and corn on the cob

✓ Vegan quarter pounder with sweet potato fries, salad and coleslaw

Contains: Mustard, milk, eggs, wheat, barley, cereals containing gluten, soya

Thursday

Pork roast with roast potatoes, carrots, broccoli and gravy

✓ Mac and cheese with garlic bread

Contains: Wheat, cereals containing gluten, soya, milk
May contain: Rye, oats, eggs

Friday

Bird's Eye chunky fish fingers with chips and peas

✓ Falafel burger with chips and salad

Contains: Wheat, soya, cereals containing gluten, fish
May contain: Rye, oats

Week two

Sausage in onion gravy with mash and mixed veg

✓ Chilli with rice, nachos and sour cream

Contains: Wheat, rye, oats, barley, cereals containing gluten, milk
May contain: Lupin

Chicken enchiladas with salad and coleslaw

✓ Veggie curry with rice and naan

Contains: Wheat, rye, oats, barley, soya, milk, cereals containing gluten, mustard, eggs
May contain: Celery

Spaghetti bolognese with garlic bread

✓ Spinach and ricotta ravioli with garlic bread

Contains: Wheat, cereals containing gluten, milk, eggs, soya
May contain: Rye, oats

Beef roast with roast potatoes, carrots, Yorkshire pudding and gravy

✓ Mince and mash with mixed veg

Contains: Milk, wheat, soya, cereals containing gluten, eggs
May contain: Rye, oats

Harry Ramsden's fish fillet with chips and beans

✓ Chef's Choice Quiche with chips and beans

Contains: Wheat, milk, fish, cereals containing gluten, soya, eggs
May contain: Sulphur dioxide & sulphites, mustard, molluscs, crustaceans

Week three

Buttermilk chicken burger with chips and beans

✓ Salmon fish fingers with chips and beans

Contains: Wheat, soya, cereals containing gluten, sulphur dioxide & sulphites, celery, fish

Scouse with beetroot or red cabbage and crusty bread

✓ Meatballs in roasted veg and tomato sauce with pasta and garlic bread

Contains: Wheat, sesame, cereals containing gluten, eggs
May contain: Nuts, rye, oats, soya, milk

Chicken tikka masala with rice and naan bread

✓ Veggie pasta bake with garlic bread

Contains: Milk, cereals containing gluten, wheat
May contain: Rye, oats, soya, eggs, celery

Roast turkey with roast potatoes, stuffing, mixed veg and gravy

✓ Cottage pie with sweetcorn

Contains: Wheat, barley, soya, milk, fish, eggs, cereals containing gluten, celery
May contain: Rye, oats, sesame, mustard, crustaceans

Harry Ramsden's fish fillet with chips and peas

✓ Frittata with herby potatoes and beans

Contains: Wheat, milk, fish, cereals containing gluten, eggs
May contain: Sulphur dioxide & sulphites, mustard, molluscs, crustaceans

September 2020

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2020

M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2020

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2020

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2021

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

March 2021

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2021

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Week One Week Two Week Three

Light bites

Soup of the day and crusty bread **£1.10**

Pizza selection **£1.20**

Pasta King **from £1**

Chicken Joes **£1.55**

Selection of salads **from £1.40**

Jacket potato with hot or cold fillings **from 90p**

May contain: milk, mustard, fish, eggs, cereals containing gluten, soya, nuts, wheat, barley, celery, sulphur dioxide and sulphites, rye, oats

Deli selection

Sandwiches, baguettes, panninis and wraps **from £1.40**

May contain: milk, mustard, fish, eggs, cereals containing gluten, soya, celery

Sweet treats

Fresh fruit, muffins, cookies, yoghurts, frozen yoghurts, jelly, mousse, flapjack, waffles, pancakes and other daily specials **from 45p**

May contain: wheat, rye, oats, barley, soya, cereals containing gluten, milk, eggs, nuts

Drinks

Water, fruit juices and milk drinks **from 50p**

Allergy advice: Knowsley School Meals Service cannot guarantee that the food we purchase is free from products which may cause allergic reactions. If your child is allergic to any foods, please inform the school.



To find out more about school meals in Knowsley visit www.knowsley.gov.uk or contact the Knowsley School Meals Service on **0151 443 2647**



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