

Our menus



Week one

Monday

Katsu chicken curry with rice
Mediterranean stuffed peppers with new potatoes & salad ✓

Contains: Cereals containing gluten, milk, soya, sulphur dioxide & sulphites, wheat
May contain: Celery

Tuesday

Chefs choice pie, mash, peas & gravy
Lasagne with garlic bread ✓

Contains: Cereals containing gluten, milk, soya
May contain: Eggs, oats, rye

Wednesday

Piri piri chicken with sweet potato fries & corn on the cob
Vegan quarter pounder with sweet potato fries, salad & coleslaw ✓

Contains: Barley, cereals containing gluten, eggs, milk, mustard, soya

Thursday

Beef roast with roast potatoes, carrots, Yorkshire pudding & gravy
Mac & cheese with garlic bread ✓

Contains: Cereals containing gluten, eggs, milk, soya
May contain: Oats, rye

Friday

Bird's Eye chunky fish fingers with chips & peas
Falafel burger, chips & salad ✓

Contains: Cereals containing gluten, fish, milk, soya
May contain: Oats, rye

Week two

Sausage in onion gravy with mash & mixed veg
Quorn chilli with rice, nachos & sour cream ✓

Contains: Barley, cereals containing gluten, eggs, milk, oats, rye
May contain: Lupin

Chicken enchiladas with salad & coleslaw

Mixed vegetable Korma with rice & naan ✓

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

Spaghetti bolognese with garlic bread

Spinach & ricotta ravioli with garlic bread ✓

Contains: Cereals containing gluten, eggs, milk, soya
May contain: Oats, rye

Pork roast, roast potatoes, carrots, broccoli & gravy

Quorn mince & mash with mixed veg ✓

Contains: Cereals containing gluten, eggs, milk, soya
May contain: Oats, rye

Harry Ramsden's fish fillet, chips & beans

Chef's Choice Quiche, chips & beans ✓

Contains: Cereals containing gluten, eggs, fish, milk, soya
May contain: Crustaceans, molluscs, mustard, sulphur dioxide & sulphites

Week three

Salmon fish fingers with chips & beans
Chicken burger with chips & beans

Contains: Celery, cereals containing gluten, fish, milk, soya, sulphur dioxide & sulphites, wheat

Scouse with beetroot or red cabbage & crusty bread

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

Contains: Cereals containing gluten, eggs, sesame, wheat
May contain: Milk, nuts, oats, rye, soya

Chicken tikka masala with rice & naan bread

Quorn cottage pie with sweetcorn ✓

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, soya, wheat
May contain: Celery, crustaceans, mustard, oats, rye, sesame

Chicken roast, roast potatoes, stuffing, mixed veg & gravy

Veggie pasta bake with garlic bread ✓

Contains: Barley, celery, cereals containing gluten, eggs, milk, soya, wheat
May contain: Celery, mustard, oats, rye, sesame

Harry Ramsden's fish fillet, chips & peas

Frittata with herby potatoes & beans ✓

Contains: Cereals containing gluten, eggs, fish, milk, wheat
May contain: Crustaceans, molluscs, mustard, sulphur dioxide & sulphites

October 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	

November 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					

December 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		

January 2022

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 2022

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						

March 2022

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			

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**

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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