

Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Salmon Fish Fingers with Chips & Beans	Chef's Choice Curry with Rice & Naan	Chicken in Sweet and Sour Sauce with Stir Fried Vegetables & Rice	Beef Roast, Roast Potatoes, Seasonal Vegetables & Gravy	Chunky Fish Fingers with Chips & Peas (mushy / garden)
	Buttermilk Chicken Burger with Chips & Beans	Veggie Burger on a Bun with Crisscuts & Beans (V)	Quorn Lasagne with Garlic Bread (V)	Tuna Pasta Bake with Garlic Bread	Quorn Fillet with Wedges & Beans (V)
	Contains: Wheat, fish, milk, cereals containing gluten May contain: Rye, oats	Contains: Celery, cereals containing gluten, barley, eggs, milk, mustard, oats, rye, soya, wheat	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat May contain: Celery, oats, rye	Contains: Celery, cereals containing gluten, eggs, milk, soya, wheat May contain: Celery, mustard, oats, rye	Contains: Cereals containing gluten, eggs, fish, milk, soya, wheat May contain: Crustaceans, oats, rye
WEEK TWO	Spaghetti Bolognaise with Garlic Bread	Piri Piri Chicken with Rice & Sweetcorn	Chef Choice Chicken Curry with Rice & Naan Bread	Pork Roast with Roast Potatoes, Carrots, Yorkshire pudding & gravy	Harry Ramsden's Fish Fillet with Chips & Beans
	Pasta in Tomato & Mascarpone Sauce with Garlic Bread (V)	Sweet & Sour Quorn with Rice (V)	Quorn Chilli with Rice, Nachos & Sour cream (V)	Mixed Vegetable Korma with Rice & Naan Bread (V)	Chef's Choice Quiche, Chips & Beans (V)
	Contains: Wheat, cereals containing gluten, milk, eggs May contain: Rye, oats soya	Contains: Celery, cereals containing gluten, eggs, milk, mustard, soya, wheat May contain: Oats, rye	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat May contain: Celery, oats, rye	Contains: Celery, cereals containing gluten, eggs, milk, mustard, soya, sulphur & sulphites, wheat May contain: Oats, rye	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites,
WEEK THREE	Chicken Enchiladas with Herby Potatoes & Salad	Cottage Pie, Red Cabbage & Peas	Chef Choice Chicken Curry with Rice & Naan Bread	Roast Chicken, Roast Potatoes, Stuffing, Seasonal Veg & Gravy	Harry Ramsden's Fish Fillet, Chips & Peas (mushy / garden)
	Quorn Singapore Noodles (V)	Cajun Vegetables, Rice & Salad (V)	Lentil Dahl with Rice & Naan Bread (V)	Veggie Pasta Bake with Garlic Bread (V)	Frittata with Herby Potatoes & Salad (V)
	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Barley, celery, oats, rye	Contains: Celery, cereals containing gluten, eggs, milk, mustard, soya, wheat May contain: Oats, rye	Contains: Celery, cereals containing gluten, eggs, milk, mustard, soya, wheat May contain: Oats, rye	Contains: Celery, cereals containing gluten, eggs, milk, mustard, soya, sulphur & sulphites, wheat May contain: Oats, rye	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites,

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**

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

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

Sweet treats

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

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

Drinks

Water, Milk, fruit juice **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.

April 2023						
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

May 2023						
M	T	W	T	F	S	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023						
M	T	W	T	F	S	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2023						
M	T	W	T	F	S	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

August 2023						
M	T	W	T	F	S	S
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

September 2023						
M	T	W	T	F	S	S
					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Many of the options available can be adapted to suit various diets; should your child have any dietary needs please contact your school and our Kitchen Team will be happy to accommodate. (V) denotes vegetarian option or vegetarian version available.