

# Our menus



		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Main 1	Piri piri chicken, rice served with corn on the cob	Scouse served with crusty bread	Chicken curry, rice served with naan bread	Roast chicken, roast potatoes, Yorkshire pudding, gravy and seasonal vegetables	Chicken burger in a bun served with seasoned wedges and salad
	Allergens	No allergens	Contains: Cereals containing Gluten	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Soya	Contains: Cereals containing Gluten
	Main 2 (Veggie)	Creamy tomato and roasted red pepper fusilli	Cauliflower cheese served with jacket potato	Vegetable curry & rice served with warm Naan bread	Quorn fillet, roast potatoes, Yorkshire pudding, gravy and seasonal vegetables	Cheese and onion quiche served with salad
	Allergens	Contains: Cereals containing Gluten, Milk	Contains: Wheat, Milk	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Celery	Contains: Fish, Cereals containing Gluten
WEEK TWO	Main 1	Spaghetti bolognaise served with garlic bread	Salmon and broccoli pasta bake	Chicken tikka curry with rice and naan bread	Roast beef with mash, Yorkshire pudding, gravy and seasonal vegetables	Chicken burger in a bun served with seasoned wedges and salad
	Allergens	Contains: Cereals containing Gluten	Contains: Fish, Cereals containing Gluten	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Milk	Contains: Cereals containing Gluten
	Main 2 (Veggie)	Vegetable ravioli in a homemade tomato sauce	Loaded veggie pasta bake with arrabbiata cream	Vegetable curry served with rice and naan bread	Quorn fillet with mash, Yorkshire pudding, gravy and seasonal vegetables	Spanish omelette served with salad
	Allergens	Contains: Cereals containing Gluten, Celery	Contains: Cereals containing Gluten, Milk	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Celery	Contains: Eggs, Milk
WEEK THREE	Main 1	Crispy beef & vegetable stir-fry served with noodles	Cottage pie served with seasonal vegetables	Chicken tikka and rice served with naan bread	Roast chicken with roast potatoes, Yorkshire pudding, gravy and seasonal vegetables	Chicken burger in a bun served with seasoned wedges and salad
	Allergens	Contains: Cereals containing Gluten, Eggs	Contains: Milk, Cereals containing Gluten	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten	Contains: Cereals containing Gluten
	Main 2 (Veggie)	Vegetable lasagne with garlic bread	Quorn mince cottage pie served with seasonal vegetables	Vegetable curry served with rice and naan bread	Quorn fillet with new potatoes, Yorkshire pudding, gravy and seasonal vegetables	Quorn chicken nuggets served with oven cooked wedges and salad
	Allergens	Contains: Cereals containing Gluten May contain: Eggs, Mustard, Soya	Contains: Milk, Cereals containing Gluten	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Egg, Soya	Contains: Cereals containing Gluten

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.

## November 2025

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 2025

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 2026

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 2026

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 2026

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 2026

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

To find out more about school meals in Knowsley visit [www.knowsley.gov.uk](http://www.knowsley.gov.uk) or contact the Knowsley School Meals Service on 0151 443 2647

## Light bites

Soup of the day and crusty bread	from £1.10
Pizza selection	from £1.20
Pasta King	from £1.65
Chicken Joes	from £1.65
Selection of salads	from £1.40
Jacket potato with hot or cold fillings	from 90p
Sandwiches, baguettes, paninis 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.

