

Our menus



Week one

Monday

BBQ chicken fillets with wholegrain rice and salad
 ✓ Cheese and onion quiche with curly fries and salad
 Mousse with cream and sprinkles

Contains: Wheat, soya, milk, eggs, cereals containing gluten

Tuesday

Minced beef and onion pie, new potatoes and green beans
 ✓ Homemade vegetable tikka masala with wholegrain rice and naan
 Homemade trifle

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

Wednesday

Spaghetti bolognese with garlic bread
 Cheese and bacon loaded potato skins with salad and coleslaw
 Jam and cream scone

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

Thursday

Braised steak with roast potatoes, carrots, Yorkshire pudding and gravy
 ✓ Macaroni cheese bake
 Mandarin cheesecake

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

Friday

Fish, chips and peas (mushy or garden)
 Sweet chilli chicken stir fry with noodles
 Apple pie and custard

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

Week two

All day breakfast - scrambled egg, bacon, sausage, hash brown and baked beans
 Chilli with rice, tortillas and sour cream
 Eton Mess

Contains: wheat, milk, eggs, cereals containing gluten, soya, rye, oats, barley. May contain: lupins

Beef curry with wholegrain rice and naan bread
 ✓ Stand 'n stuff taco with Mexican rice
 Jam sponge with custard

Contains: wheat, soya, mustard, cereals containing gluten, milk, eggs, sulphur dioxide and sulphites. May contain: rye, oats

Chicken enchiladas and salad
 Pesto chicken and veg with rice and salad
 Carrot cake

Contains: wheat, rye, oats, barley, milk, cereals containing gluten, nuts, mustard, soya
 May contain: celery

Roast pork with roast potatoes, carrot and swede, stuffing balls and gravy
 ✓ Quorn cottage pie with peas and sweetcorn
 Blueberry muffin

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

Fish goujons, chips and peas (mushy or garden)
 ✓ Vegetable lasagne, garlic bread and salad
 Waffle, ice cream and sauce

Contains: Wheat, fish, cereals containing gluten, soya, milk, eggs.
 May contain: rye, oats

Week three

Southern style chicken wrap with curly fries and salad
 ✓ Stuffed peppers with new potatoes and salad
 Frozen yoghurt

Contains: wheat, sulphur dioxide and sulphites, milk, cereals containing gluten, rye, oats, barley, soya. May contain: celery

Gammon with salad potatoes and peas and sweetcorn
 Meat and potato pie with peas and sweetcorn
 Apple and blackberry crumble and ice cream

Contains: wheat, sulphur dioxide and sulphites, soya, milk, eggs, cereals containing gluten.
 May contain: rye, oats

Chicken curry with wholegrain rice and naan bread
 Ocean pie with mixed veg
 Iced Bakewell tart

Contains: wheat, barley, soya, mustard, milk, eggs, cereals containing gluten, fish.
 May contain: rye, oats

Roast turkey with roast potatoes, mixed veg, stuffing balls and gravy
 ✓ Veggie burger with wedges and salad
 Fruit filled flapjack

Contains: wheat, milk, eggs, soya, cereals containing gluten.
 May contain: eggs, rye, oats

Fish, chips and peas (mushy or garden)
 Bacon and mushroom carbonara with garlic bread
 Upside down syrup sponge cake with ice cream

Contains: Wheat, sulphur dioxide and sulphites, soya, eggs, cereals containing gluten, milk, fish.
 May contain: rye, oats, mustard, molluscs, crustaceans

April 2017

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 2017

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				

June 2017

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	

July 2017

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						

September 2017

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 2017

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 **90p**
 Pizza selection **£1**
 Pasta King **£1.45**
 Chicken Joes **£1.45**
 Selection of salads **from £1.20**

Jacket potato with hot or cold fillings **from £1.20**
 May contain: Milk, mustard, fish, eggs, cereals containing gluten, soya, nuts, wheat, barley, celery, sulphur dioxide and sulphites

Deli selection

Sandwiches, baguettes, panninis and wraps **from £1.20**
 May contain: milk, mustard, fish, eggs, cereals containing gluten, soya, celery

Sweet treats

Muffins, cookies, yoghurts, fresh fruit pots **from 40p**
 May contain: soya, milk, eggs, cereals containing gluten, sesame, sulphur dioxide, sulphites

Drinks

Water, fruit juices and milk drinks **from 40p**

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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