

Our menus



Week one

Monday

Chicken burger in a bun with salad and mayo served with crisscuts and beans
 ✓ Cheese and onion quiche with crisscuts and beans
 Warm mini pancakes with ice cream

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

Tuesday

Sausage in onion gravy with mash, Yorkshire pudding and veg
 Spaghetti bolognese with garlic bread
 Cherry crumble and custard

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

Wednesday

Scouse with crusty bread and beetroot or red cabbage
 ✓ Vegetable chasseur with wholegrain rice
 Homemade scone with jam and cream

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

Thursday

Roast chicken with roast potatoes, sprouts, stuffing balls and gravy
 ✓ Leek and potato cheesy bake with broccoli and garlic bread
 Carrot cake

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

Friday

Fish, chips, mushy peas
 ✓ Quorn chilli and wholegrain rice
 Homemade fruit sponge and custard

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

Week two

BBQ chicken burrito with wedges and salad
 ✓ Cheese and potato pie with mixed veg
 Chef's choice mousse (Strawberry, banana, chocolate)

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

Cottage pie with peas and sweetcorn
 ✓ Cheesy vegetarian fajitas with wedges and salad
 Forest fruits cheesecake

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

Chicken curry, wholegrain rice and naan
 Tuna pasta bake with garlic bread
 Jam sponge and custard

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

Roast pork with roast potatoes, carrot and swede, Yorkshire pudding, stuffing balls and gravy
 ✓ Veggie sausage in onion gravy with mash, Yorkshire pudding and mixed veg
 Rice pudding

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

Fish finger butty with tartare sauce and chips
 ✓ Roasted vegetable cous cous with garlic bread and sour cream
 Sticky toffee pudding and custard

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

Week three

Lasagne with garlic bread and salad
 ✓ Quorn southern style burger with wedges and salad
 Blueberry muffin

Contains: wheat, cereals containing gluten, egg, milk, soya, nuts, sesame, mustard, fish
 May contain: rye, oats

All day breakfast - bacon, sausage, hash brown, scrambled egg, beans and grilled tomato
 ✓ Veg curry with wholegrain rice and naan bread
 Apple crumble and custard

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

Chicken & veg pie with herby diced potatoes, cabbage and gravy
 Potato topped fish pie
 Flapjack

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

Braised steak with roast potatoes, carrots, Yorkshire pudding and gravy
 Cheese, bacon and onion loaded potato skins with salad and homemade coleslaw
 Banoffee pie

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

Fish goujons, chips and mushy peas
 ✓ Falafel salad wrap with chips and sweetcorn
 Bakewell tart and custard

Contains: wheat, fish, cereals containing gluten, mustard, milk, eggs, soya, rye, oats, barley, nuts, sesame

October 2016

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January 2017

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November 2016

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February 2017

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December 2016

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March 2017

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National School Meals Week 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 and nuts

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**



Pay for school meals online
 ParentPay online payments now available.
 Ask your school for details.

