

Our menus



Week one

Week two

Week three

Monday

Spaghetti bolognaise with garlic bread

✓ Mexican folded flatbread with rice

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

Tuesday

Chicken tikka masala with rice and garlic naan bread

✓ Cheese and onion quiche with wedges and beans

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

Wednesday

Scouse with crusty bread and red cabbage or beetroot

✓ Cottage pie with sweetcorn

Contains: Wheat, barley, soya, milk, fish, cereals containing gluten, celery, sesame
May contain: Mustard, eggs, crustaceans, nuts, rye, oats

Thursday

Roast chicken with roast potatoes, stuffing, carrots, sprouts and gravy

✓ Roasted veg enchiladas

Contains: Wheat, rye, oats, barley, milk, cereals containing gluten
May contain: Celery

Friday

Harry Ramsden's bubble fish with chips and peas

✓ Falafel wrap with chips and salad

Contains: Wheat, rye, oats, barley, mustard, milk, eggs, cereals containing gluten, fish

April 2019

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 2019

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 2019

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 2019

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 **£1.05**
- Pizza selection **£1.15**
- Pasta King **from £1**
- Chicken Joes **£1.55**
- Selection of salads **from £1.35**
- 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 £1.35**
- May contain: milk, mustard, fish, eggs, cereals containing gluten, soya, celery

Sweet treats

- Fresh fruit, muffins, cookies, yoghurts, frozen yoghurts, jelly, mousse, flapjack, waffles, pancakes and other daily specials **from 42p**
- May contain: wheat, rye, oats, barley, soya, cereals containing gluten, milk, eggs, nuts

Drinks

- Water, fruit juices and milk drinks **from 42p**

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.

✓ Vegetarian option



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.

