

# Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	Cottage Pie with Seasonal Vegetables	Chef's Choice Curry with Rice & Naan	Five Spice Chicken with Stir Fried Vegetables & Noodles	Beef Roast, Roast Potatoes, Seasonal Vegetables & Gravy	Chunky Fish Fingers with Chips & Peas (mushy / garden)
	Quorn Cottage Pie with Seasonal Vegetables (V)	Vegan Quarter Pounder with Sweet Potato Fries, Salad & Coleslaw (V)	Quorn Lasagne with Garlic Bread (V)	Falafel Burger with Chips & Salad (V)	Veggie Chow Mein (V)
	Contains: Cereals containing gluten, eggs, milk, soya, wheat	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	Contains: Celery, cereals containing gluten, eggs, milk, soya, wheat May contain: Celery, mustard	Contains: Cereals containing gluten, eggs, fish, milk, soya, wheat May contain: Crustaceans, oats, rye
Week two	Sausage in Onion Gravy with Mash & Seasonal Vegetables	Chef Choice Chicken Curry with Rice & Naan Bread	Spaghetti Bolognese with Garlic 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)	Veggie Pasta Bake with Garlic Bread (V)	Sweet & Sour Quorn with Rice (V)	Mixed Vegetable Korma with Rice & Naan Bread (V)	Chef's Choice Quiche, Chips & Beans (V)
	Contains: Cereals containing gluten, eggs, milk, wheat May contain: Lupin, oats, rye, 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: Cereal, 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, sulphur dioxide & sulphites
Week three	Salmon Fish Fingers with Chips & Beans	Chef Choice Chicken Curry with Rice & Naan Bread	Scouse with Beetroot or Red Cabbage & Crusty Bread	Roast Chicken, Roast Potatoes, Stuffing, Seasonal Veg & Gravy	Harry Ramsden's Fish Fillet, Chips & Peas (mushy / garden)
	Buttermilk Chicken Burger with Chips & Beans	Lentil Dahl with Rice & Naan Bread (V)	Quorn Chilli with Rice, Nachos & Sour cream (V)	Mac & Cheese 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, 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.

## September 2022

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 2022

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						

## November 2022

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 2022

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 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	31					

## February 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					

## March 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	31		

Week One Week Two Week Three