

# Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	Poshdog with Sweet Potato Fries & Beans	Chef Choice Chicken Curry with Rice & Naan Bread	Tereyaki Chicken with Egg Fried Rice & Stir Fried Vegetables	Beef Roast, Roast Potatoes, Seasonal Vegetables & Gravy	Chunky Fish Fingers with Chips & Peas (mushy / garden)
	"Quorn Dog" with Sweet Potato Fries & Beans (V)	Veggie Pasta Bake with Garlic Bread (V)	Stir Fried Quorn Pieces with Vegetables & Egg Fried Rice (V)	Quorn Fillet Roast, Roast Potatoes, Seasonal Vegetables & Gravy (V)	Veggie Chow Mein (V)
	Contains: Celery, cereals containing gluten, eggs, milk, mustard, wheat. May contain: Barley, lupin, oats, rye, sulphur dioxide & sulphites.	Contains: Celery, cereals containing gluten, barley, eggs, milk, mustard, oats, rye, soya, wheat. May contain: Oats.	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat. May contain: Celery.	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat. May contain: Celery, oats, rye.	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat. May contain: Crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites.
<b>WEEK TWO</b>	Pulled Pork Wrap with Sweet Potato Fries & Coleslaw	Chef Choice Chicken Curry with Rice & Naan Bread	Chicken Enchiladas with Rice & Corn on the Cob	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)	Chef Choice Quorn Curry with Rice & Naan Bread (V)	Mexican Quorn Fillet with Rice & Corn on the Cob (V)	Mixed Vegetable Korma with Rice & Naan Bread (V)	Chef's Choice Quiche, Chips & Beans (V)
	Contains: Celery, cereals containing gluten, eggs, milk, mustard, wheat. May contain: Barley, lupin, oats, rye, sulphur dioxide & sulphites.	Contains: Celery, cereals containing gluten, barley, eggs, milk, mustard, oats, rye, soya, wheat. May contain: Oats.	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat. May contain: Celery.	Contains: Celery, cereals containing gluten, barley, eggs, milk, mustard, oats, rye, soya, wheat. May contain: Oats.	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat. May contain: Crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites.
<b>WEEK THREE</b>	Salmon Fish Fingers with Chips & Beans	Chef Choice Chicken Curry with Rice & Naan Bread	Spaghetti Bolognese with Garlic Bread	Roast Chicken, Roast Potatoes, Stuffing, Seasonal Veg & Gravy	Harry Ramsden's Fish Fillet, Chips & Peas (mushy / garden)
	Buttermilk Chicken Burger with Chips & Beans	Quorn Wrap with Salad & Coleslaw (V)	Vegetable Fingers with Herby Potatoes & Sweetcorn (V)	Frittata with Herby Potatoes & Salad (V)	Mac & Cheese with Garlic Bread (V)
	Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat. May contain: Barley, celery, oats, rye, sulphur dioxide & sulphites.	Contains: Celery, cereals containing gluten, barley, eggs, milk, mustard, oats, rye, soya, wheat. May contain: Oats.	Contains: Cereals containing gluten, eggs, milk, mustard, soya, wheat. May contain: Celery, 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, oats, rye, sulphur dioxide & sulphites.

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.

**April 2024**

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 2024**

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 2024**

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 2024**

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				

**August 2024**

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 2024**

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 2024**

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			

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 **£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.

