

# Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week one</b>	<p>Katsu chicken curry with rice</p> <p>Mediterranean stuffed peppers with new potatoes &amp; salad ✓</p> <p><small>Contains: wheat, soya, milk, cereals containing gluten, celery</small></p>	<p>Chefs choice pie, mash, peas &amp; gravy</p> <p>Lasagne with garlic bread ✓</p>	<p>Piri piri chicken with sweet potato fries &amp; corn on the cob</p> <p>Vegan quarter pounder with sweet potato fries, salad &amp; coleslaw ✓</p>	<p>Beef roast with roast potatoes, carrots, Yorkshire pudding &amp; gravy</p> <p>Mac &amp; cheese with garlic bread ✓</p>	<p>Bird's Eye chunky fish fingers with chips &amp; peas</p> <p>Falafel burger, chips &amp; salad ✓</p>
<b>Week two</b>	<p>Sausage in onion gravy with mash &amp; mixed veg</p> <p>Quorn chilli with rice, nachos &amp; sour cream ✓</p>	<p>Chicken enchiladas with salad &amp; coleslaw</p> <p>Mixed vegetable Korma with rice &amp; naan ✓</p>	<p>Spaghetti bolognese with garlic bread</p> <p>Spinach &amp; ricotta ravioli with garlic bread ✓</p>	<p>Pork roast, roast potatoes, carrots, broccoli &amp; gravy</p> <p>Quorn mince &amp; mash with mixed veg ✓</p>	<p>Harry Ramsden's fish fillet, chips &amp; beans</p> <p>Chef's Choice Quiche, chips &amp; beans ✓</p>
<b>Week three</b>	<p>Salmon fish fingers with chips &amp; beans</p> <p>Chicken burger with chips &amp; beans</p>	<p>Scouse with beetroot or red cabbage &amp; crusty bread</p> <p>Meatballs &amp; pasta in roasted veg &amp; tomato sauce with garlic bread ✓</p>	<p>Chicken tikka masala with rice &amp; naan bread</p> <p>Quorn cottage pie with sweetcorn ✓</p>	<p>Chicken roast, roast potatoes, stuffing, mixed veg &amp; gravy</p> <p>Veggie pasta bake with garlic bread ✓</p>	<p>Harry Ramsden's fish fillet, chips &amp; peas</p> <p>Frittata with herby potatoes &amp; beans ✓</p>

## October 2021

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 2021

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 2021

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 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						

## February 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						

## March 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			

Week One Week Two Week Three

## 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**

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 £1.40**
- 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 45p**
- May contain: wheat, rye, oats, barley, soya, cereals containing gluten, milk, eggs, nuts

## Drinks

- Water, fruit juices and milk drinks **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.



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**



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

