

Our menus



Week one

Monday

100% Beef burger, wedges and homemade coleslaw
Vegetable stir fry
Frozen yoghurt

May contain: wheat, cereals containing gluten, mustard, milk, eggs, soya, rye, oats, celery

Tuesday

Roast ham, minted new potatoes and cauliflower cheese
Macaroni cheese
Apple crumble and custard

May contain: wheat, soya, milk, cereals containing gluten, sulphur dioxide and sulphites, eggs, rye, oats, barley, cereal

Wednesday

Chicken curry, wholegrain rice and naan bread
Vegetable lasagne
Cheesecake

May contain: wheat, barley, soya, mustard, milk, eggs, cereals containing gluten, soya

Thursday

Roast chicken, roast potatoes, carrot and turnip, green beans and gravy
Leek and potato cheesy pasta bake
Banoffee pie

May contain: wheat, milk, cereals containing gluten, rye, oats, nuts

Friday

Fish, chips and mushy peas
Mushroom carbonara
Eton Mess

May contain: milk, fish, cereals containing gluten, eggs, sulphur dioxide and sulphites, mustard, molluscs, crustaceans, rye, oats

May 2016

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 2016

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 2016

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 2016

M	T	W	T	F	S	S
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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 2016

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 two

All day breakfast - bacon, sausage, hash brown, scrambled egg, beans and grilled tomato
Quorn quesadillas
Homemade fruit sponge and custard

May contain: wheat, milk, eggs, cereals containing gluten, soya, rye, oats, lupin, barley

Chicken enchiladas, wedges and homemade coleslaw
Vegetable curry with rice and naan bread
Blueberry muffin

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

Homemade spaghetti bolognese and garlic bread
Sweet chilli quorn wrap with salad and coleslaw
Lemon swirl whip

May contain: wheat, soya, cereals containing gluten, milk, eggs, rye, oats, soya

Roast turkey, roast potatoes, broccoli, carrots and gravy
Quorn mince bolognese
Homemade jam and cream scone

May contain: wheat, soya, milk, eggs, cereals containing gluten, rye, oats, sulphur dioxide and sulphites, barley, celery

Fish, chips and mushy peas
Frittata, coleslaw and wedges
Fruit filled flapjack

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

Week three

Smothered chicken, diced herby potatoes, peas and carrots
Homemade sweet potato and chick pea curry with rice and naan bread
Sticky toffee pudding

May contain: milk, cereals containing gluten, eggs, soya, wheat, sulphur dioxides and sulphites, barley, oats, rye

Braised steak, mashed potato, spring cabbage and gravy
Cheese and red pepper quiche, coleslaw and wedges
Fresh fruit trifle

May contain: wheat, soya, milk, eggs, cereals containing gluten, mustard

Roast pork, roast potatoes, cauliflower, garden peas and gravy
Ratatouille
Key lime pie

May contain: wheat, milk, cereals containing gluten, rye, oats, barley, celery

Sweet chilli chicken, noodles and vegetable spring roll
Tuna pasta bake
Banana bread

May contain: wheat, cereals containing gluten, soya, celery, sulphur dioxide and sulphites, milk, eggs, fish

Fish, chips and mushy peas
Vegetable paella
Homemade apple pie and custard

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

Light bites

Soup of the day and crusty bread **80p**

Pizza selection **from £1**

Pasta King **£1.50**

Chicken Joes **£1.60**

Selection of salads **from £1.20**

Jacket potato with hot or cold fillings **from £1.05**

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**

(pre ordering available for year 10 and above)

May contain: milk, mustard, fish, eggs, cereals containing gluten, soya, celery, wheat

Sweet treats

Muffins, cookies, yoghurts, fresh fruit pots **from 50p**

May contain: soya, milk, eggs, cereals containing gluten, sesame, sulphur dioxide and sulphites

Drinks

Water, fruit juices and milk drinks **from 40p**



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To find out more about school meals in Knowsley visit www.knowsley.gov.uk or contact the Knowsley School Meals Service on **0151 443 2454**



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.