

Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Sausage and mash with veg and gravy Quorn chilli with rice and nachos (v)	Mince and onion pie, with vegetables and gravy Cheese and red pepper quiche with crisscuts and beans (v)	Chicken curry with rice and naan Veggie curry with rice and naan (v)	Roast gammon with roast potatoes, veg and gravy Tomato and basil pasta bake with garlic bread (v)	Fish fillet with chips and peas (mushy or garden) Quorn and vegetable pie with mash, veg and gravy (v)
	Contains: Soya, Milk, Cereals containing Gluten, Sulphur Dioxide and Sulphites.	Contains: Milk, Cereals containing Gluten, Eggs, Soya. May contain: Sesame.	Contains: Cereals containing Gluten, Milk. May contain: Mustard, Sesame.	Contains: Soya, Eggs, Cereals containing Gluten, Milk. May contain: Mustard.	Contains: Soya, Egg, Milk, Cereals containing Gluten.
WEEK TWO	Chicken burger with crisscuts and beans Quorn mince bolognese and garlic bread (v)	Lasagne and garlic bread Veggie burger with wedges and corn (v)	Chicken korma with rice and naan Cheese and leek pie with mixed veg (v)	Roast chicken with mash, veg and gravy Vegetable frittata with salad and coleslaw (v)	Chunky fish fingers with chips and peas (mushy or garden) Quorn dipper wrap with chips and corn (v)
	Contains: Cereals containing Gluten, Milk, Eggs.	Contains: Milk, Cereals containing Gluten, Eggs. May contain: Sesame.	Contains: Milk, Eggs, Cereals containing Gluten. May contain: Sesame, Mustard.	Contains: Soya, Eggs, Milk, Mustard, Cereals containing Gluten.	Contains: Fish, Cereals containing Gluten, Milk, Eggs.
WEEK THREE	Salmon and broccoli pasta bake Quorn cottage pie with peas and gravy (v)	Piri piri chicken with rice and peas Mac and cheese with garlic bread (v)	Chicken tikka with rice and naan Loaded potato cheese and spring onion skins with salad (v)	Roast beef with mash, veg, Yorkshire puddings and gravy Veggie pizza with crisscuts and beans (v)	Fish fillet with chips and beans Quorn lasagne with garlic bread (v)
	Contains: Cereals containing Gluten, Milk, Soya, Eggs, Fish. May contain: Mustard.	Contains: Cereals containing Gluten, Milk, Sulphur Dioxide and Sulphites, Eggs. May contain: Mustard, Nuts.	Contains: Milk, Cereals containing Gluten, Eggs, Soya. May contain: Mustard, Sesame.	Contains: Milk, Eggs, Cereals containing Gluten, Soya. May contain: Sulphur Dioxide and Sulphites.	Contains: Cereals containing Gluten, Milk, Fish, Eggs.

Light bites

- Soup of the day and crusty bread **from £1.10**
- Pizza selection **from £1.20**
- Pasta King **from £1.65**
- Chicken Joes **from £1.65**
- 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.

November 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	

December 2024						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2025						
M	T	W	T	F	S	S
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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 2025						
M	T	W	T	F	S	S
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

March 2025						
M	T	W	T	F	S	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2025						
M	T	W	T	F	S	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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.