

# Knowsley School Meals Service

# Our menus



|                   | Monday                 | Tuesday  | Wednesday  | Thursday   | Friday   |   |
|-------------------|------------------------|--|--|--|--|---|
| <b>WEEK ONE</b>   | <b>Main 1</b>          | Meatball pasta served with salad                                   | Ham & cheese panini served with potato salad                           | Chicken tikka, wholegrain rice served with naan bread                  | Farm assured roast chicken, roast potatoes, seasonal vegetables, yorkshire pudding & gravy | Fish Fillet served with chips and beans or peas                                 |
|                   | <b>Allergens</b>       | Contains: Cereals containing Gluten, Sulphur Dioxide & Sulphites   | Contains: Milk, Eggs, Cereals containing Gluten                        | Contains: Milk, Cereals containing Gluten                              | Contains: Cereals containing Gluten, Eggs, Milk  | Contains: Cereals containing Gluten, Fish                                       |
|                   | <b>Main 2 (Veggie)</b> | Meatball pasta served with salad <sup>(V)</sup>                    | Cheese & tomato panini served with potato salad <sup>(V)</sup>         | Vegetable tikka, wholegrain rice served with naan bread <sup>(V)</sup> | Roast Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy <sup>(V)</sup> | Cheese and red pepper quiche served with seasoned wedges & salad <sup>(V)</sup> |
|                   | <b>Allergens</b>       | Contains: Cereals containing Gluten, Eggs                          | Contains: Milk, Cereals containing Gluten                              | Contains: Cereals containing Gluten                                    | Contains: Eggs, Milk, Cereals containing Gluten  | Contains: Eggs, Milk  |
| <b>WEEK TWO</b>   | <b>Main 1</b>          | Peri Peri chicken served with rice                                 | Salmon and broccoli pasta served with garlic bread                     | Chicken tikka, wholegrain rice served with naan bread                  | Farm assured roast beef, roast potatoes, seasonal vegetables, yorkshire pudding & gravy    | Fish Fillet served with chips and beans or peas                                 |
|                   | <b>Allergens</b>       |  | Contains: Fish, Cereals containing Gluten, Milk, Soya                  | Contains: Cereals containing Gluten, Milk                              | Contains: Cereals containing Gluten, Eggs, Milk  | Contains: Cereals containing Gluten, Fish                                       |
|                   | <b>Main 2 (Veggie)</b> | Spanish Omelette served with selection of salad <sup>(V)</sup>     | Tomato and basil pasta served with garlic bread <sup>(V)</sup>         | Vegetable tikka, wholegrain rice served with naan bread <sup>(V)</sup> | Roast Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy <sup>(V)</sup> | Nuggets served with seasoned wedges & salad <sup>(V)</sup>                      |
|                   | <b>Allergens</b>       | Contains: Eggs, Milk   | Contains: Cereals containing Gluten, Egg                               | Contains: Milk, Cereals containing Gluten                              | Contains: Egg, Milk, Cereals containing Gluten   | Contains: Cereals containing Gluten, Celery                                     |
| <b>WEEK THREE</b> | <b>Main 1</b>          | Chicken Chow Mein served with noodles                              | Homemade Lasagne served with salad                                     | Chicken tikka, rice served with naan bread                             | Farm assured roast chicken, roast potatoes, seasonal vegetables, yorkshire pudding & gravy | Fish Fillet served with chips and beans or peas                                 |
|                   | <b>Allergens</b>       | Contains: Celery, Egg, Milk, Nuts, Soya, Cereals containing Gluten | Contains: Cereals containing Gluten, Celery, Eggs, Milk, Mustard, Soya | Contains: Milk, Cereals containing Gluten                              | Contains: Cereals containing Gluten, Eggs, Milk  | Contains: Cereals containing Gluten, Fish                                       |
|                   | <b>Main 2 (Veggie)</b> | Vegetable Chow mein served with noodles <sup>(V)</sup>             | Plant based Lasagne served with salad <sup>(V)</sup>                   | Vegetable tikka, rice served with naan bread <sup>(V)</sup>            | Roast Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy <sup>(V)</sup> | Harvest burger served with seasoned wedges & salad <sup>(V)</sup>               |
|                   | <b>Allergens</b>       | Contains: Celery, Egg, Milk, Nuts, Soya, Cereals containing Gluten | Contains: Cereals containing Gluten, Celery, Eggs, Milk, Mustard, Soya | Contains: Milk, Cereals containing Gluten                              | Contains: Egg, Milk, Cereals containing Gluten   | Contains: Cereals containing Gluten, Milk                                       |

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 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 | 30 | 31 |    |

## September 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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 2026

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 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

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 **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, paninis 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.