Knowsley School Meals Service

Our menus



		Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	Main 1	Piri piri chicken served with rice	Scouse served with crusty bread & beetroot	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
	Allergens	N/A	Contains: Cereals containing gluten	Contains: Milk, cereals containing gluten	Contains: Cereals containing gluten, eggs, milk, mustard, sulphite	Contains: Cereals containing gluten, fish, mustard, sulphite
	Main 2 (Veggie)	Vibrant Piri piri served with rice	Winter scouse served with crusty bread & beetroot	Aromatic Tikka curry, wholegrain rice served with naan bread	Roast Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy	Spanish Omelette served with salad
	Allergens	Contains: Egg	Contains: Cereals containing gluten	Contains: Cereals containing gluten	Contains: Eggs, milk , cereals containing gluten, mustard, sulphites	Contains: Eggs, milk
WEEK TWO	Main 1	Sausage & mash served with gravy & peas	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
	Allergens	Contains: Sulphur dioxide & sulphites, milk	Contains: Fish, cereals containing gluten, soya, milk	Contains: Milk, cereals containing gluten	Contains: Cereals containing gluten, eggs, milk, mustard, sulphites	Contains: Cereals containing gluten, fish, mustard, sulphites
	Main 2 (Veggie)	Herby sausages & mash served with gravy & peas	Fiesta chilli served with rice & garlic bread	Aromatic Tikka, wholegrain rice served with naan bread	Roast Fillet, roast potatoes, seasonal vegetables, yorkshire pudding & gravy	Golden crunchy nuggets served with chips and beans with salad
	Allergens	Contains: Milk, Cereals containing gluten, egg	Contains: Cereals containing gluten, soya, milk	Contains: Milk, cereals containing gluten	Contains: Egg, milk, cereals containing gluten, mustard, sulphites	Contains: Cereals containing gluten, celery
WEEK THREE	Main 1	Meatball pasta served with garlic bread	Cottage pie served with mixed veg & gravy	Chicken Tikka curry, wholegrain rice served with naan bread	Farm assured roast Gammon, roast potatoes, seasonal vegetables, yorkshire pudding & gravy	Fish Fillet served with chips and beans or peas
	Allergens	Contains: Cereals containing gluten, soya, milk	Contains: Milk	Contains: Milk, cereals containing gluten	Contains: Cereals containing gluten, eggs, milk, mustard, sulphites	Contains: Cereals containing gluten, fish, mustard, sulphites
	Main 2 (Veggie)	Swedish style meatballs in pasta served with garlic bread	Harvest cottage pie served with mixed veg & gravy	Aromatic Tikka, wholegrain rice served with naan bread	Roast Fillet, roast potatoes, seasonal vegetables, yorkshire pudding & gravy	Cheese and red pepper quiche served with salad
	Allergens	Contains: Cereals containing gluten, egg, soya, milk	Contains: Milk, cereals containing gluten, egg	Contains: Milk, cereals containing gluten	Contains: Egg, milk, cereals containing gluten, mustard, sulphites	Contains: Milk, egg

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.

November 2026

M	T	W	T	F	S	S
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 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			

January 2027

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 2027

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 2027

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					

Week One Week Two Week Three

To find out more about school meals in Knowsley visit **www.knowsley.gov.uk** or contact the Knowsley School Meals Service on **0151 443 2647**

Knowsley Council

FOOD FOR LIFE SERVED HERE Soil Association

ParentPay

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

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.

