

# Our menus



Week one

Week two

Week three

## Monday

Katsu chicken curry with rice and naan bread

✓ Mediterranean stuffed peppers with new potatoes and salad

Contains: Wheat, sulphur dioxide & sulphites, milk, cereals containing gluten, soya  
May contain: Celery

## Tuesday

Chef's choice pie with mash, peas and gravy

✓ Lasagne with garlic bread

Contains: Wheat, soya, milk, cereals containing gluten  
May contain: Rye, oats, eggs

## Wednesday

Piri piri chicken with sweet potato fries and corn on the cob

✓ Vegan quarter pounder with sweet potato fries, salad and coleslaw

Contains: Mustard, milk, eggs, wheat, barley, cereals containing gluten, soya

## Thursday

Pork roast with roast potatoes, carrots, broccoli and gravy

✓ Mac and cheese with garlic bread

Contains: Wheat, cereals containing gluten, soya, milk  
May contain: Rye, oats, eggs

## Friday

Bird's Eye chunky fish fingers with chips and peas

✓ Falafel burger with chips and salad

Contains: Wheat, soya, cereals containing gluten, fish  
May contain: Rye, oats

## September 2019

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 2019

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 2019

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 2019

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 2020

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 2020

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	

## March 2020

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					

## April 2020

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

## Light bites

Soup of the day and crusty bread **£1.10**

Pizza selection **£1.20**

Pasta King **from £1**

Chicken Joes **from £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.

✓ Vegetarian option



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**



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