Knowsley School Meals Service

OUP MONUS

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	WEEK ONE	Main 1	Pesto pasta with garlic bread and salad	Freshly made lasagne with salad selection	Chicken tikka curry with rice and naan bread	Roast chicken with roast potatoes, yorkshire pudding, gravy and seasonal vegetables	Chicken burger in a bun with wedges and freshly prepared salad selection	Light bites
		Allergens	Contains: Milk, Nuts, Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Celery, Eggs, Milk, Mustard, Soya	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Soya	Contains: Cereals containing Gluten	Soup of the day and crusty bread
		Main 2 (Veggie)	Veggie burger with wedges and corn on the cob	Veggie lasagne with garlic bread	Sweet potato and red pepper curry with rice and naan	Quorn fillet with roast potatoes, gravy and seasonal vegetables	Salmon fish fingers with creamy lemon and parsley sauce, herby potatoes and salad	Pizza selection Pasta King Chicken Joes
		Allergens	Contains: Cereals containing Gluten, Egg, Milk	Contains: Cereals containing Gluten, Celery, Eggs, Milk, Mustard, Soya	Contains: Milk	Contains: Cereals containing Gluten, Egg, Soya	Contains: Fish, Milk	Selection of salads
	DWT	Main 1	Sausage and mash with peas and gravy	Spaghetti bolognese with garlic bread	Chicken tikka curry with rice and naan bread	Roast beef with mash, yorkshire pudding, gravy and seasonal vegetables	Beef burger in a bun with wedges and freshly prepared salad selection	Jacket potato with hot or cold fillings Sandwiches, baguettes, panninis and wraps May contain: milk, mustard, fish, eggs soya, nuts, wheat, barley, celery, sulph oats Sweet treats
		Allergens	Contains: Cereals containing Gluten, Sulphites, Milk	Contains: Celery, Gluten, Eggs, Milk, Mustard, Soya, Sulphur Dioxide & Sulphites	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten	Contains: Cereals containing Gluten, Soya	
	. MEEK	Main 2 (Veggie)	Mac and cheese with salad	Quorn spaghetti bolognese with garlic bread	Veggie pizza with croquettes and peas	Peri peri wrap with rice and sweetcorn	Quorn tacos with oven cooked wedges and sweetcorn	
		Allergens	Contains: Milk, Mustard, Cereals containing Gluten	Contains: Cerlery, Cereals containing Gluten, Eggs, Milk, Sesame, Mustard, Soya, Sulphur Dioxide & Sulphites	Contains: Cereals containing Gluten, Soya	Contains: Cereals containing Gluten	Contains: Eggs, Cereals containing Gluten	Fresh fruit, muffins, cookie frozen yoghurts, jelly, mou
	ш	Main 1	Meatball pasta with garlic bread	Chicken in oyster sauce with noodles or rice	Chicken tikka curry with rice and naan bread	Roast gammon with new potatoes, yorkshire pudding, gravy and seasonal vegetables	Chicken burger in a bun with wedges and freshly prepared salad selection	flapjack and other daily sp May contain: wheat, rye, oats, barley, s gluten, milk, eggs, nuts
n n	THRE	Allergens	Contains: Sulphites, Cereals containing Gluten, Milk	Contains: Molluscs, Nuts, Peanuts, Cereals containing Gluten, Eggs	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten	Contains: Cereals containing Gluten	Drinks
	WEEK THRE	Main 2 (Veggie)	Tuna and sweetcorn pasta	Vegetable stir fry with noodles	Cheesy chilli loaded wedges with salad	Quorn fillet with new potatoes, gravy and Seasonal vegetables	Quorn dippers with herby potatoes and sweetcorn	Water, Milk, fruit juice Allergy advice: Knowsley School Meals that the food we purchase is free from allergic reactions. If your child is allergi
		Allergens	Contains: Fish, Cereals containing Gluten, Milk, Mustard, Egg	Contains: Celery, Eggs, Cereals containing Gluten	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Egg, Soya	Contains: Egg, Milk, Cereals containing Gluten	the school.

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.





Pay for school meals online

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

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



from	£1.10
from	£1.20
from	£1.65
from	£1.65
from	£1.40

from 90p

from £1.40

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