

Our menus



		Monday	Tuesday	Wednesday	Thursday	Friday
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
	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
	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
	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
WEEK TWO	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
	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
	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: Celery, 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
WEEK THREE	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
	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
	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
	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

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.

April 2025						
M	T	W	T	F	S	S
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28	29	30				
May 2025						
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12	13	14	15	16	17	18
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June 2025						
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July 2025						
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August 2025						
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31						
September 2025						
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29	30					
October 2025						
M	T	W	T	F	S	S
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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.