

Knowsley School Meals Service

Our menus



	Monday	Tuesday	Wednesday	Thursday	Friday	
WEEK ONE	Main 1	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
	Allergens	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
	Main 2 (Veggie)	Veggie meatball pasta served with salad	Cheese & tomato panini served with potato salad	Vegetable tikka, wholegrain rice served with naan bread	Quorn Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy	Cheese and red pepper quiche served with seasoned wedges & salad
	Allergens	Contains: Cereals containing Gluten, Eggs	Contains: Milk, Cereals containing Gluten	Contains: Cereals containing Gluten	Contains: Eggs, Milk, Cereals containing Gluten	Contains: Eggs, Milk
WEEK TWO	Main 1	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
	Allergens		Contains: Fish, Cereals containing Gluten, Milk, Soya	Contains: Cereals containing Gluten, Milk	Contains: Cereals containing Gluten, Eggs, Milk	Contains: Cereals containing Gluten, Fish
	Main 2 (Veggie)	Spanish Omelette served with selection of salad	Tomato and basil pasta served with garlic bread	Vegetable tikka, wholegrain rice served with naan bread	Quorn Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy	Quorn chicken nuggets served with seasoned wedges & salad
	Allergens	Contains: Eggs, Milk	Contains: Cereals containing Gluten, Egg	Contains: Milk, Cereals containing Gluten	Contains: Egg, Milk, Cereals containing Gluten	Contains: Cereals containing Gluten, Celery
WEEK THREE	Main 1	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
	Allergens	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
	Main 2 (Veggie)	Vegetable Chow mein served with noodles	Vegetarian Lasagne served with salad	Vegetable tikka, rice served with naan bread	Quorn Fillet, roast potatoes, seasonal vegetable, yorkshire pudding & gravy	Vegetarian burger served with seasoned wedges & salad
	Allergens	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	1
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 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.

