

# Knowsley School Meals Service - Three choice menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<p>Meatballs in roasted veg and tomato sauce with pasta spirals</p> <p>Roasted chicken and veg wrap and salad</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Mousse with cream and sprinkles</p> <p>Contains: wheat, soya, milk, rye, oats, barley, mustard, eggs, cereals containing gluten, fish. May contain: celery</p>	<p>Cheese and chorizo pizza with potato croquettes and spaghetti hoops</p> <p>✓ Cheese and tomato bruschetta with potato croquettes and spaghetti hoops</p> <p>Tomato and basil soup and a sandwich</p> <p>Homemade trifle</p> <p>Contains: wheat, soya, milk, cereals containing gluten, eggs, celery, mustard, fish, sulphur dioxide and sulphites</p>	<p>Chef's choice curry with basmati rice</p> <p>✓ Vegetable fried rice</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Jam and cream scone</p> <p>Contains: wheat, barley, soya, eggs, cereals containing gluten, mustard, milk, fish. May contain: rye, oats, sulphur dioxide and sulphites</p>	<p>Braised steak with roast potatoes, carrots, Yorkshire pudding and gravy</p> <p>Cheese &amp; ham panini with curly fries and salad</p> <p>Leek and potato soup and a filled barm</p> <p>Jelly and fruit</p> <p>Contains: wheat, milk, eggs, cereals containing gluten, soya, celery, mustard, fish</p>	<p>Fish bites, chips and peas (mushy or garden)</p> <p>✓ Quorn bolognaise with garlic bread</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Waffle, ice cream and sauce</p> <p>Contains: Wheat, mustard, fish, cereals containing gluten, soya, milk, eggs. May contain: rye, oats, celery</p>
Week Two	<p>Southern style chicken wrap with curly fries and salad</p> <p>✓ Veggie burger in a bun with curly fries and salad</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Arctic roll</p> <p>Contains: wheat, cereals containing gluten, rye, oats, barley, soya, mustard, milk, eggs, fish</p>	<p>All day breakfast - scrambled egg, bacon, sausage, hash brown and baked beans</p> <p>✓ Quorn taco with Mexican rice</p> <p>Cream of chicken soup and a filled sandwich</p> <p>Jam sponge with custard</p> <p>Contains: wheat, milk, eggs, cereals containing gluten, rye, oats, barley, soya, celery, mustard. May contain: lupin</p>	<p>Spaghetti bolognaise with garlic bread</p> <p>Potato topped fish pie with mixed veg</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Carrot cake</p> <p>Contains: wheat, cereals containing gluten, soya, milk, fish, mustard, eggs. May contain: rye, oats</p>	<p>Roast chicken with roast potatoes, mixed veg, stuffing balls and gravy</p> <p>✓ Cheese and onion frittata with salad</p> <p>Tomato and basil soup and a filled barm</p> <p>Ice cream sundae (selection of flavours)</p> <p>Contains: wheat, soya, cereals containing gluten, celery, milk, fish, eggs, mustard. May contain: rye, oats</p>	<p>Fish fingers, chips and beans</p> <p>Chicken and sweetcorn pasta</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Iced cake with sprinkles</p> <p>Contains: wheat, fish, cereals containing gluten, milk, mustard, eggs, soya, sulphur dioxide and sulphites</p>
Week Three	<p>Popcorn chicken with dipping sauce, sweetcorn and crisscuts</p> <p>✓ Cheese and onion quiche with potato smiles and salad</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Strawberry cheesecake</p> <p>Contains: wheat, milk, cereals containing gluten, mustard, eggs, celery, fish. May contain: soya, nuts</p>	<p>Pulled pork burrito with salad and coleslaw</p> <p>Sausage in onion gravy with mash and mixed veg</p> <p>Leek and potato soup and a sandwich</p> <p>Apple crumble and custard</p> <p>Contains: wheat, mustard, milk, eggs, rye, oats, barley, cereals containing gluten, celery, soya, fish, sulphur dioxide and sulphites. May contain: lupin</p>	<p>Chicken curry with basmati rice and naan bread</p> <p>✓ Vegetable enchiladas with salad</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Selection of homemade cookies</p> <p>Contains: wheat, rye, oats, barley, soya, mustard, cereals containing gluten, milk, eggs, fish. May contain: celery</p>	<p>Roast pork with roast potatoes, carrot and swede, stuffing balls and gravy</p> <p>Tuna and sweetcorn pasta</p> <p>Cream of chicken soup and a filled barm</p> <p>Jelly and cream</p> <p>Contains: wheat, soya, mustard, milk, fish, eggs, cereals containing gluten, rye, oats, barley, celery. May contain: nuts</p>	<p>Fish goujons, potato smiles and peas (mushy or garden)</p> <p>✓ Macaroni and cheese</p> <p>Jacket potato with cheese, beans, tuna and coleslaw filling</p> <p>Upside down syrup sponge cake with ice cream</p> <p>Contains: wheat, soya, milk, sulphur dioxide and sulphites, eggs, cereals containing gluten, fish, mustard. May contain: rye, oats, nuts</p>

Available daily: Fresh fruit, yoghurt, water, milk and fruit juice. A selection of free bread and salad is available to pupils having a school meal  
 ✓ vegetarian

## Menu dates for April to October 2017

Legend: ■ Week One ■ Week Two ■ Week Three

Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun
APRIL 2017						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 2017							
	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				
JUNE 2017							
				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 2017							
					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
SEPTEMBER 2017							
	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 2017							
	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



ParentPay

FOOD FOR LIFE SERVED HERE

Soil Association