

Menu from April 2023 to October 2023

Week 1	Week beginning	17/04/2023	08/05/2023	19/06/2023	10/07/2023	11/09/2023	02/10/2023
Monday	Tuesday	Wednesday	Thursday	Friday			
Meatballs & spaghetti in tomato sauce	Chicken Tikka Massala with rice	BBQ chicken wrap with wedges and sweetcorn	Roast beef, roast potatoes carrots, Yorkshire pudding and gravy	Fish fingers, chips and peas (mushy or garden)			
Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)			
Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans			
Frozen yogurt	Cookie	Chocolate mousse with mandarin segments	Fruit muffin	Banana and custard			

Week 2	Weeks beginning	24/04/2023	15/05/2023	05/06/2023	17/07/2023	18/09/2023	09/10/2023
Monday	Tuesday	Wednesday	Thursday	Friday			
Salmon fish fingers sweet potato mash & beans	All day breakfast: Scrambled egg, bacon, sausage, hash brown, beans	Chicken fajitas with Mexican rice & salad	Roast pork, mash, seasonal veg & gravy	Harry Ramsden's fish fillet chips and peas (garden or mushy)			
Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)			
Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans			
Lolly ice	Fruit flapjack	Strawberry Mousse Break with mixed berries	Jelly and fruit	Fruit sponge and ice cream			

Week 3	Weeks beginning	01/05/2023	22/05/2023	12/06/2023	05/07/2023	04/09/2023	25/09/2023	16/10/2023
Monday	Tuesday	Wednesday	Thursday	Friday				
Poshdog on a finger roll crisscuts and beans	Spaghetti bolognese with garlic bread	Chicken korma with rice	Roast chicken, mash stuffing, seasonal veg and gravy	Harry Ramsden's fish fillet chips and peas (mushy or garden)				
Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)	Sandwiches (ham, cheese or tuna)				
Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans	Jacket Potato Cheese, Tuna or Beans				
Strawberry Mousse Break with strawberries	Frozen toffee yogurt with banana	Chocolate Mousse Break with banana	Butterfly cake	Cookie and milkshake				

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.

Please note: Your child's school and Knowsley School Meals Service cannot be held responsible for any issues resulting from food allergies.