

one

# Knowsley Village menu

#### Monday

Cheese and chorizo pizza with wedges and spagnetti hoops

Cheese and ham panini with wedges and salad

Jacket potato with cheese, beans. tuna or coleslaw filling

> Butterfly cake, fruit or yoghurt

Chicken burger on a diddi roll with crisscuts and beans

Vegetable burger on a diddi roll with crisscuts and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

> Fruit flapjack, fruit or yoghurt

milk, mustard, soya, wheat May contain: Barley, celery, oats, rye, sulphur

Salmon fish fingers with potato smiles and beans

• Cheese sausage roll with seasonal veg and wedges

Jacket potato with cheese, beans, tuna or coleslaw filling

> Ice cream with fruit, fruit or yoghurt

ntains: Cereals containing gluten, eggs, fish, May contain: Barley, celery, oats, rye

Available daily: Fresh fruit, yoghurt, water, milk and fruit juice.

# **Tuesday**

Chicken wrap with wedges, salad and coleslaw

Chefs Choice quiche with wedges and sweetcorn

Knorr Cream of Chicken soup. Tuna, cheese, ham or egg filled roll

> Fruit sponge and custard, fruit or yoghurt

Spaghetti bolognaise with garlic bread

Cheese and bacon guiche with new potatoes and beans

Tomato and basil soup Tuna, cheese, ham or egg filled roll

> Arctic roll. fruit or yoghurt

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Oats, rye

All day breakfast - scrambled egg, bacon, sausage, hash brown and beans

Veggie fingers and hash browns Leek and potato soup Tuna, cheese, ham or egg filled roll

> Cheesecake, fruit or yoghurt

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Crustaceans, lupin, oats, rye,

## Wednesday

Meatballs in tomato sauce with pasta

Quorn dipper wrap

Jacket potato with cheese, beans, tuna or coleslaw filling

> Cookie and milkshake, fruit or yoghurt

Chicken korma with basmati rice and naan bread

Beans on toast

Jacket potato with cheese, beans, tuna or coleslaw filling

> Brownie. fruit or yoghurt

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, soya, wheat May contain: Oats, rye

BBQ chicken fillet with croquette potatoes, salad and coleslaw

Quorn BBQ chicken burger and potatoe croquettes

Jacket potato with cheese, beans, tuna or coleslaw filling

> Jelly and cream, fruit or yoghurt

Contains: Barley, celery, cereals containing gluten, eggs, fish, milk, mustard, soya, whea May contain: Oats, rye

## **Thursday**

Roast beef with roast potatoes, carrots, Yorkshire pudding and gravy

Tuna and sweetcorn pasta salad

Leek and potato soup, Tuna, cheese, ham or egg panini Jelly and fruit, fruit or yoghurt

Roast gammon with mash, carrots, peas and gravy

Macaroni cheese with garlic bread

Knorr Cream of Chicken soup, Tuna, cheese, ham or egg panini

> Peaches and cream, fruit or yoghurt

Roast turkey with mash, stuffing, carrot, broccoli and gravy

Vegetable korma with basmati rice

Tomato and basil soup. Tuna, cheese, ham or egg panini

> Frozen Yoghurt, fruit or yoghurt

Contains: Celery, cereals containing gluten, eggs, fish, milk, mustard, oats, rye, soya,

#### Friday

Fish fingers with chips and peas (mushy or garden)

> Falafel wrap with chips and salad

Jacket potato with cheese, beans, tuna or coleslaw filling

> Banana bread, fruit or yoghurt

Harry Ramsden's fish fillet with chips and peas (mushy or garden)

> Veggie pizza with chips and beans

Jacket potato with cheese, beans, tuna or coleslaw filling

> Mousse with fresh fruit, fruit or yoghurt

eggs, fish, milk, mustard, soya, wheat ay contain: Crustaceans, molluscs, oats, rye sulphur dioxide & sulphites

Harry Ramsden's fish fillet with wedges and beans

Omeltte & chips

Jacket potato with cheese, beans. tuna or coleslaw filling

Lolly ice or cheese and crackers, fruit or yoghurt

Contains: Barley, cereals containing gluten, ggs, fish, milk, mustard, oats, rye, soya, wheat lay contain: Crustaceans, molluscs, sulphur dioxide & sulphites

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4	5	6	7	8	9	10
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18	19	20	21	22	23	24
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April 2021

May 2021 MTWT

**June 2021** 

8

28 29 30

**July 2021** 

August 2021

T W T

27 28 29 30

October 2021

30 31

MTWT

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7 8 9 10 11

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12 13 14 15 16 17 18 19 20 21 22 23 24 25

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26 27 28 29 30

Week One Week Two Week Three

#### Vegetarian

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25	26	27	28	29	30	31

























