



Knowsley Village menu

Week one

Monday

Meatballs Sub with Tomato Sauce, Cheese, Salad & Coleslaw

Vegetable Korma with Rice ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Bananas and Custard, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya, wheat
May contain: Lupin, oats, rye

Tuesday

All day breakfast - Scrambled Egg, Bacon, Sausage, Hash Brown & Beans

All Day Veggie Breakfast - Scrambled Egg, Quorn Sausage, Hash Brown & Beans ✓

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

Cookie, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Lupin, oats, rye sulphur dioxide & sulphites

Wednesday

Tuna Pasta Bake with Garlic Bread & Salad

Quorn Wrap with Salad & Coleslaw ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Fruit Muffin, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye

Thursday

Roast Beef with Roast Potatoes, Carrots, Yorkshire Pudding & Gravy

Quorn Fillet with Roast Potatoes, Carrots, Yorkshire Pudding & Gravy ✓

Tomato & Basil soup, ✓
Tuna, cheese, ham or egg panini

Chocolate Mousse with Mandarin Segments, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye, sulphur dioxide & sulphites

Friday

Fish Fingers with Chips & Peas (mushy or garden)

Quorn Enchiladas with Rice & Peas ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Chef Choice - Fruit Cheesecake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Week two

Monday

Salmon Fish Fingers with Sweet Potato Mash & Beans

Veggie Pizza with Chips & Beans ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Frozen Toffee Yoghurt with Banana, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye

Tuesday

Chicken Tikka Masala with Rice

Cheese & Tomato Pasta Bake with Garlic Bread ✓

Leek & Potato soup, ✓
Tuna, cheese, ham or egg filled roll

Fruit Flapjack, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Wednesday

Lasagne with Salad & Garlic Bread

Cheese & Tomato Panini with Coleslaw & Salad ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Strawberry Mousse Break with Strawberries, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Thursday

Roast Pork with Mash, Seasonal Veg & Gravy

Quorn Meatballs with Mash, Seasonal Veg & Gravy ✓

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

Jelly & Fruit, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya

Friday

Harry Ramsden's Fish Fillet with Chips & Peas (mushy or garden)

Quorn Dippers with Sweet Potato Mash & Beans ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Fruit Sponge & Custard, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

Week three

Monday

Beef Burger on a Diddi Roll with Crisps & Beans

Quorn Burger on a Diddi Roll with Crisps & Beans ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Frozen Toffee Yoghurt with Banana, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, oats, rye, sulphur dioxide & sulphites

Tuesday

Spaghetti Bolognese with Garlic Bread

Quorn Cottage Lasagne with Salad & Garlic Bread ✓

Tomato & Basil soup, ✓
Tuna, cheese, ham or egg filled roll

Brownie, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Wednesday

Chicken Korma with Rice

Chefs Choice Pie with Mash, Peas & Gravy ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Butterfly Cake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Oats, rye

Thursday

Roast Chicken with Mash, Stuffing, Seasonal Veg & Gravy

Quorn Sausage & Mash with Gravy & Seasonal Veg ✓

Leek and potato soup, ✓
Tuna, cheese, ham or egg panini

Chocolate Mousse Break with Banana, fruit or yoghurt

Contains: Cereals containing gluten, celery, eggs, fish, milk, mustard, soya

Friday

Fish Stars with Wedges & Beans

Vegetable Chow Mein Stir Fry ✓

Jacket potato with cheese, beans, tuna or coleslaw filling ✓

Cookie & Milkshake, fruit or yoghurt

Contains: Cereals containing gluten, eggs, fish, milk, mustard, soya
May contain: Celery, crustaceans, molluscs, oats, rye, sulphur dioxide & sulphites

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

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. ✓ denotes vegetarian option or vegetarian version available.



October 2023

M	T	W	T	F	S	S
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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					

November 2023

M	T	W	T	F	S	S
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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			

December 2023

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

January 2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2024

M	T	W	T	F	S	S
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19	20	21	22	23	24	25
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March 2024

M	T	W	T	F	S	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2024

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					

Week One Week Two Week Three