



Knowsley Junior School Menu — Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

Cod Fish Fingers

Oven Baked Sausages

Jacket Potato with Cheese

(V) Vegetable Hoi-Sin Noodles

(V) Spring Rolls

Jacket Potato with Coleslaw

(V) Quorn Chicken Rogan Josh

(V) Cheesy Pin-wheel

Jacket Potato with Tuna & Sweetcorn

Sausage Rolls

(V) Arriabiata Pasta

Jacket Potato with Cheese

(V) Panini Pizza

Bubble Fish

Jacket Potato with Beans

Sides

Roast Potatoes

Mushy Peas

Mixed Veg

Boiled Rice

Garden Peas

Broccoli

Jacket Wedges or Basmati Rice

Sweetcorn Cauliflower

Diced Potatoes

Green Beans

Carrots

Chips

Baked Beans

Sweetcorn

Dessert

Raspberry Jelly

Mini Sugar Doughnuts

Paris Sandwich

Rice Pudding

Vanilla Ice Cream

Info

When meat dishes are on the menu, the same Halal option is available. We use high quality regionally sourced products, higher welfare meats and MSC fish.

Fresh salad, fresh fruit, yoghurt, wholemeal bread and drinking water is available every day.