



Knowsley Junior School Menu — Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Mains

(V) Mac 'n' Cheese

Salmon Nibbles

Jacket Potato with
Tuna Mayo

(V) Pizza Pinwheel

Chicken Taquitos

Jacket Potato with
Beans

(V) Cheese Flan

Oven Baked
Sausage & York-
shire Pud

Jacket Potato with
Tuna & Sweetcorn

(V) Tomato & Basil
Pasta

BBQ Chicken
Ciabatta

Jacket Potato with
Cheese

(V) Veggie Sausage
Roll

Cod Fishcake

Jacket Potato with
Beans

Sides

Potato Croquettes
Mixed Veg
Salad

Diced Potatoes
Broccoli
Sweetcorn

Mash Potatoes
Cabbage
Garden Peas

Roast Potatoes
Baked Beans
Cauliflower

Chips
Spaghetti Hoops
Mushy Peas

Dessert

Vanilla Shortbread

Chocolate Sponge

Oaty Flapjack

Fruit Pots

Raspberry Iced
Smoothie

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.