

Knowsley Central Spring / Summer Menu 2020

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Popcorn chicken, wedges and salad	Meatballs with pasta and garlic bread	All day breakfast	Roast gammon with roast potatoes, carrots, Yorkshire pudding and gravy	Fish fingers, chips and peas
Sandwiches	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham
Jacket Potatoes	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw
Dessert	Butterfly Cake	Sponge & Custard	Cookie & Milkshake	Jelly & Fruit	Pancake & Ice Cream
Allergens Contains	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish, celery, sulphur dioxide & sulphites	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish, sulphur dioxide & sulphites	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish
Allergens May Contain		Rye, oats	Rye, oats, lupin		Rye, oats

Menu Dates: 20 April, 11 May, 1 June, 22 June, 13 July, 2 Sept, 21 Sept, 12 Oct

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken burger on a bun, crisscuts and beans	Sausage with potato waffles and beans	Chicken pasta and garlic bread	Roast chicken, roast potatoes, carrots, peas and gravy	Harry Ramsden's fish fillet, chips and peas
Sandwiches	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham
Jacket Potatoes	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw
Dessert	Flapjack	Arctic Roll	Brownie	Peaches & Cream	Muffin
Allergens Contains	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish
Allergens May Contain	Rye, oats, barley, sulphur dioxide & sulphites	Rye, oats, lupin	Rye, oats		Rye, oats, sulphur dioxide & sulphites, molluscs, crustaceans

Menu Dates: 27 April, 18 May, 8 June, 29 June, 20 July, 7 Sept, 28 Sept, 19 Oct

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken nuggets with wedges and beans	Beef burger on a bun, potato waffles and salad	BBQ chicken, crisscuts and salad	Roast gammon, roast potatoes, stuffing, carrot, broccoli and gravy	Harry Ramsden's fish fillet, chips and beans
Sandwiches	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham	Tuna / cheese / ham
Jacket Potatoes	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw	Cheese / tuna / beans / coleslaw
Dessert	Ice Cream with Fruit	Iced cake	Jelly & Cream	Frozen Yoghurt	Flapjack
Allergens Contains	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish, celery	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish, barley	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish	Milk, mustard, eggs, fish, wheat, soya, cereals containing gluten, fish
Allergens May Contain	Rye, oats			Rye, oats	Sulphur dioxide & sulphites, molluscs, crustaceans, rye, oats, barley

Menu Dates: 4 May, 15 June, 6 July, 14 Sept, 5 Oct

Available Daily: Fresh Fruit, Yoghurt, Water, Milk and Fruit Juice