



Park View menu

Week one

Monday

Meatballs Sub with Tomato Sauce, Cheese, Salad & Coleslaw

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

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

Chicken Pasta Bake with Garlic Bread & Salad

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

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)

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

Sausages with Little Potatoes & Seasonal Vegetables

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, lupin, oats, rye

Tuesday

Chicken Tikka Masala with Rice

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

Scouse with Crusty Bread and Beetroot

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 Gammon 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)

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

Chicken 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

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

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

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

Salmon Fish Fingers with Wedges & Beans

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.



Knowsley Council



October 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					

November 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			

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
8	9	10	11	12	13	14
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
			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			

March 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	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