Let's eat

St Alberts menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week one	Popcorn chicken with crisscuts, sweetcorn and dipping sauce Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Muffin, fruit or yoghurt	Steak pie with mash, peas and gravy Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Cookie and milkshake, fruit or yoghurt	Crunchy chicken wrap with salad and coleslaw Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Apple crumble and custard, fruit or yoghurt	Pork roast with roast potatoes, carrots, broccoli and gravy Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Jelly and fruit, fruit or yoghurt	Harry Ramsden's fish fillet with chips and peas Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Pancake and ice cream, fruit or yoghurt
	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery	Contains: Wheat, soya, celery, rye, oats, barley, cereals containing gluten, milk, mustard, eggs, fish, sulphur dioxide & sulphites	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery May contain: Sulphur dioxide & sulphites, molluscs, crustaceans
Week two	Sausage with potato smiles and beans Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Sponge and custard, fruit or yoghurt	All day breakfast Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Swirly mousse, fruit or yoghurt	Cheese and tomato pizza with potato smiles and spaghetti hoops Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Cheesecake, fruit or yoghurt	Beef roast with roast potatoes, carrots, Yorkshire pudding and gravy Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Butterfly cake, fruit or yoghurt	Fish stars with chips and beans Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Ice cream and fruit, fruit or yoghurt
	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery, sulphur dioxide & sulphites May contain: Lupin, nuts	Contains: Wheat, milk, eggs, cereals containing gluten, mustard, fish, rye, oats, barley, soya, celery May contain: Lupin	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery May contain: Sulphur dioxide & sulphites, celery, nuts	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery, sulphur dioxide & sulphites	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery
Week three	Hot dog with crisscuts and spaghetti hoops Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Trifle, fruit or yoghurt	Chicken curry with rice and naan bread Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Rice pudding, fruit or yoghurt	Scouse with crusty bread and red cabbage or beetroot Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Arctic roll, fruit or yoghurt	Chicken roast with roast potatoes, stuffing, mixed veg and gravy Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Fruity lolly ice, fruit or yoghurt	Harry Ramsden's fish fillet with herby potatoes and beans Soup of the day with tuna, cheese, ham or egg sandwich Jacket potato with cheese, beans, tuna or coleslaw filling Apple pie and custard, fruit or yoghurt
	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery, sulphur dioxide & sulphites	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery May contain: Nuts, sesame, celery	Contains: Wheat, barley, soya, milk, fish, eggs, cereals containing gluten, celery, rye, oats, mustard May contain: Sesame, crustaceans	Contains: Wheat, soya, milk, cereals containing gluten, mustard, fish, eggs, rye, oats, barley, celery, sulphur dioxide & sulphites May contain: Molluscs, crustaceans

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

Ⓥ Vegetarian

Knowsley Council

FOOD FOR LIFE SERVED HERE Soil Association

ParentPay

September 2019

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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30						

October 2019

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November 2019

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December 2019

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January 2020

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February 2020

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March 2020

M	T	W	T	F	S	S
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23	24	25	26	27	28	29
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April 2020

M	T	W	T	F	S	S
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20	21	22	23	24	25	26
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Week One Week Two Week Three