Why not try our **Deli Bar**

Jacket potatoes and a selection of sandwiches offered daily.

Fresh fruit and Yoghurts available daily

Sylvester Menu

Autumn & Winter 2026/27

Healthy Schools Knowsley

Knowsley Council

Food for Life Bronze Served Here — Soil Association

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Salmon & sweet potato fishcake served with tomato pasta & garlic bread V Tomato and basil pasta served with garlic bread Muffin	Tex-Mex chicken fajita served with wholegrain mexican rice & salad V Rainbow fajita served with Mexican rice & salad V VE Fruit / Yoghurt	Sausages, scrambled egg, hash brown, mushrooms, tomatoes & beans served with wholemeal toast/barm V Sizzler sausage, scrambled egg, hash brown, mushrooms, tomatoes, beans served with toast/ barm V VE Fruit / Yoghurt	Farm Assured roast chicken with roast potatoes, seasonal vegetables & gravy V Roast fillet, roast potatoes,gravy & seasonal vegetables V VE Fruit / Yoghurt	Harry Ramsdens battered fish fillet served with chips beans or peas VE Golden crunchy nuggets served with chips & beans or peas School cake & custard
Week 2	Spaghetti with beef meatballs served with garlic bread V Swedish style meatballs served with spaghetti and garlic bread Apple Cumble	Chicken hotpot served with mixed vegetables V Winter Vegetable hot pot V VE Fruit / Yoghurt	Chicken tikka curry served with wholegrain rice & warm naan V Aromatic Tikka curry served with wholegrain rice & warm naan V VE Fruit / Yoghurt	Roast beef with creamed potatoes, Yorkshire pudding, seasonal vegetables & gravy V Roast fillet with creamed potatoes, Yorkshire pudding seasonal vegetables & gravy V VE Fruit / Yoghurt	Fish Fingers served with chips, beans or peas V Rainbow filled omelette served with chips Jelly with fruit & cream
Week 3	Cheese & Ham OR Tuna melt panini with a warm bowl of tomato soup V Cheesy pasta bake served with sweetcorn Mandarin Cheesecake	Beef Lasagne served with corn on the cob and garlic bread V Italian Style Lasagne served with corn on the cob & garlic bread V VE Fruit / Yoghurt	Scouse served with crusty bread & beetroot V Winter Vegetable Scouse served with crusty bread & beetroot V VE Fruit / Yoghurt	Roast Gammon served with roast potatoes, Yorkshire pudding seasonal vegetables & gravy V Roast fillet, roast potatoes, Yorkshire pudding, seasonal vegetables & gravy V VE Fruit / Yoghurt	Harry Ramsdens Fish fillet served with chips and beans or peas V Cheese and Red pepper quiche, chips served with salad Fruity Flapjack

Soybean
Celery
Crustaceans
Fish
Gluten
Lupin
Molluscs
Mustard
Peanut
Sesame
Sulphur Dioxide
Treenuts
Egg
Milk

November 2026

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

December 2026

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

January 2027

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February 2027

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

March 2027

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

V Vegetarian VE Vegan

