Eastcroft School Menu

Let's eat

Knowsley Council · Food for Life Served Here · Soil Association · ParentPay

Please see your kitchen team for any dietary requirements.

		Monday	Tuesday	Wednesday	Thursday	Friday
Week one	Main 1	Pasta Bolognaise served with Garlic bread *Allergens: Cereals containing Gluten, Egg* *May contain: Milk, Soya*	Crispy Southern fried chicken goujons wrap served with oven cooked wedges and salad *Allergens: Celery, Milk, Mustard, Cereals containing Gluten*	Sausage, scrambled egg, hash brown, mushrooms, beans served with toast / barm *Allergens: Eggs, Milk, Cereals containing Gluten, Sulphur Dioxide & Sulphites, Soya*	Farm Assured roast chicken, roast potatoes, yorkshire pudding, gravy and seasonal vegetables *Allergens: Cereals containing Gluten, Eggs, Milk*	Harry Ramsdens Fish Fillet, homestyle cooked chips beans or Spaghetti hoops *Allergens: Fish, Cereals containing Gluten*
	Main 2 (Veggie)	Creamy Tomato and roasted red pepper Fusilli *Allergens: Cereals containing Gluten, Milk*	Halloumi Fajita served with oven cooked wedges and salad *Allergens: Cereals containing Gluten, Mustard, Milk*	Veggie sausage, scrambled egg, hash brown, mushrooms, beans served with toast / barm *Allergens: Eggs, Milk, Cereals containing Gluten*	Quorn chicken, roast potatoes, yorkshire pudding, gravy & seasonal vegetables *Allergens: Egg, Milk, Cereals containing Gluten*	Freshly made Spanish Omelette served with salad *Allergens: Egg, Milk*
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*
	Desserts	Apple pie served with creamy custard *May Contain: Cereals containing Gluten*	Fruit / Yogurt *Allergens: Milk*	Mandarin Cheesecake *Allergens: Cereals containing Gluten, Milk*	Fruit / Yogurt *Allergens: Milk*	Cookie with Vanilla Ice cream flavoured milk shake *Allergens: Cereals containing Gluten, Eggs, Milk. May Contain: Soya*
Week two	Main 1	Ravioli in a tomato sauce served with wedges and crusty bread *Allergens: Cereals containing Gluten, Celery*	Tuna pasta *Allergens: Fish, Cereals containing Gluten*	Tikka Masala Curry & rice served with Naan bread *Allergens: Milk, Eggs, Cereals containing Gluten*	Farm Assured Beef, Mash, yorkshire pudding, gravy and seasonal vegetables *Allergens: Cereals containing Gluten, Eggs, Milk*	Fish Finger s , homestyle cooked chips beans or Spaghetti Hoops *Allergens: Fish, Cereals containing Gluten*
	Main 2 (Veggie)	Cheese and Onion quiche served with Salad *Allergens: Milk, Eggs*	Spaghetti on toast *Allergens: Wheat, Cereals containing Gluten*	Vegetable Curry served with naan bread *Allergens: Soya, Cereals containing Gluten, Milk, Eggs*	Quorn beef steak, mash, yorkshire pudding, gravy and seasonal vegetables *Allergens: Cereals containing Gluten, Eggs, Milk*	Quorn chicken nuggets with chips beans or spaghetti hoops *Allergens: Cereals containing Gluten*
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*
	Desserts	Chocolate brownie *Allergens: Cereals containing Gluten, Egg, Milk*	Fruit / Yogurt *Allergens: Milk*	Jam sponge and custard *Allergens: Milk. May Contain: Cereals containing Gluten, Eggs, Soya*	Fruit / Yogurt *Allergens: Milk*	Ice cream pot *Allergens: Milk*
Week three	Main 1	Meatballs in a rich creamy and herb sauce with Spaghetti and garlic bread *Allergens: Cereals containing Gluten*	Chicken Enchiladas with peppers, sweetcorn, onion in a mild chilli sauce served with rice, nachos & salad *Allergens: Cereals containing Gluten*	Homemade Lasagne served with garlic bread and salad *Allergens: Cereals containing Gluten, Eggs, Milk, Mustard, Soya* *May contain: Celery*	Roast Chicken served with roast potatoes,yorkshire pudding, gravy and seasonal vegetables *Allergens: Cereals containing Gluten, Eggs, Milk*	Harry Ramsdens Fish fillet served with oven cooked chunky chips and beans *Allergens: Cereals containing Gluten, Fish*
	Main 2 (Veggie)	Cheese and Onion pie *Allergens: Cereals containing Gluten* *May contain: Eggs, Milk, Soya*	Veggie Enchiladas served with rice, nachos and salad *Allergens: Cereals containing Gluten*	Vegetable Lasagne served with garlic bread and salad *Allergens: Eggs, Milk, Cereals containing Gluten, Soya*	Macaroni Cheese *Allergens: Cereals containing Gluten, Milk*	Cheese and pepper Quiche served with jacket potato & salad *Allergens: Eggs, Milk*
	Sandwiches	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*	Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection *Allergens: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard*
	Jackets	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*	Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection *Allergens: Fish, Mustard, Milk, Eggs*
	Desserts	Iced topped school cake served with custard *Allergens: Milk. May Contain: Cereals containing Gluten, Eggs, Soya*	Fruit / Yogurt *Allergens: Milk*	Fruit / Yogurt *Allergens: Milk*	Fruit / Yogurt *Allergens: Milk*	Cookie and milkshake *Allergens: Cereals containing Gluten, Eggs, Milk. May Contain: Soya*

Available daily: Fresh Fruit, Yoghurt, Water and Milk.

denotes a healthy choice meal (all sandwich and jacket potato options are healthy choice).

November 2025

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 2025

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 2026

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 2026

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	

March 2026

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 2026

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