

# Parklands Term 1 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



|                      | Monday                                                                                                                                                                  | Tuesday                                                                         | Wednesday                                                                          | Thursday                                                                   | Friday                                                                                          |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Hot Red              | <p>Homemade Pepperoni Pizza with Vegan Cheese</p> <p>Served with Potato Crunchies and Fresh Mixed Salad</p>                                                             | <p>Homemade Chinese Chicken with Broccoli</p> <p>Served with Egg Fried Rice</p> | <p>Butcher's Sausage</p> <p>Served with Sweet Potato Mash, Sweetcorn and Gravy</p> | <p>Homemade Beef Pasta Bolognaise</p> <p>Served with Fresh Mixed Salad</p> | <p>Oven Baked Jumbo Fish Finger</p> <p>Served with Oven baked Skin on Fries and Baked Beans</p> |
| Hot Green Vegetarian | <p>Homemade Margarita pizza</p> <p>Served with Potato Crunchies and Fresh Mixed Salad</p>                                                                               | <p>Homemade Red Lentil Dahl</p> <p>Served with Steamed Rice and Broccoli</p>    | <p>Quorn Sausages</p> <p>Served with Sweet Potato Mash, Sweetcorn and Gravy</p>    | <p>Homemade Pasta Bolognaise</p> <p>Served with Seasonal Vegetables</p>    | <p>Vegan Quorn Nuggets</p> <p>Served with Oven baked Skin on Fries and Baked Beans</p>          |
| Sandwich Option      | <p>Freshly Made Roll Available Every Day</p> <p>with a choice of sliced Gammon Ham or Vegan Cheese</p> <p>Served with a selection of Salad Items from the Salad Bar</p> |                                                                                 |                                                                                    |                                                                            |                                                                                                 |
| Homemade Dessert     | <p>Selection of Fresh Fruit</p>                                                                                                                                         | <p>Chocolate Brownie</p> <p>Fresh Fruit</p>                                     | <p>Sticky Toffee Pudding</p> <p>Fresh Fruit</p>                                    | <p>Fruit Flapjack</p> <p>Fresh Fruit</p>                                   | <p>Marshfield Plant Based Ice Cream</p> <p>Fresh Fruit</p>                                      |