

Parklands Term 3 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Red	<p>Homemade Chicken and Tomato Pasta Bake</p> <p>Served with Seasonal Vegetables</p>	<p>Homemade Beef Taco</p> <p>Served with Steamed Rice and Sweetcorn</p>	<p>All Day Brunch</p> <p>Served with Bacon, Sausage, Beans and Hash Brown</p>	<p>Homemade Steak and Potato Pie</p> <p>Served With Baby Carrots and Gravy</p>	<p>Jumbo Fish Finger</p> <p>Served with Oven Fries and Peas</p>
Hot Green Vegetarian	<p>Homemade Vegan Cheese and Tomato Pasta</p> <p>Served with Seasonal Vegetables</p>	<p>Homemade Mild Chilli non Carne</p> <p>Served Steamed Rice and Sweetcorn</p>	<p>All Day Veggie Brunch</p> <p>Served with Sausage, Beans and Hash Brown</p>	<p>Homemade Vegan Pizza Pinwheels</p> <p>Served with Baby Carrots and Fresh Salad</p>	<p>Quorn Nuggets</p> <p>Served with Oven Fries and Peas</p>
Jacket Option	<p>Freshly Baked Jacket Potato Available Every Day</p> <p>with a choice of Baked Beans, Vegan Cheese or Tuna Mayonnaise</p> <p>Served with a selection of Salad Items from the Salad Bar</p>				
Dessert	<p>Pancakes and Fruit Salad</p> <p>Fresh Fruit</p> <p>Yoghurt</p>	<p>Homemade Raspberry Marble Cake</p> <p>Fresh Fruit</p> <p>Yoghurt</p>	<p>Homemade Cherry Flapjack</p> <p>Fresh Fruit</p> <p>Yoghurt</p>	<p>Homemade Cinnamon Biscuit</p> <p>Fresh Fruit</p> <p>Yoghurt</p>	<p>Plant Based Ice cream Pot</p> <p>Fresh Fruit</p> <p>Yoghurt</p>