

# Parklands Term 3 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Red

Homemade  
Chicken and Tomato  
Pasta Bake  
  
Served with  
Seasonal  
Vegetables

Homemade  
Beef Taco  
  
Served with  
Steamed Rice and  
Sweetcorn

All Day Brunch  
  
Served with  
Bacon, Sausage,  
Beans and Hash  
Brown

Homemade  
Steak and Potato Pie  
  
Served With  
Baby Carrots and  
Gravy

Jumbo Fish Finger  
  
Served with  
Oven Fries  
and Peas

Hot Green  
Vegetarian

Homemade  
Vegan Cheese and  
Tomato Pasta  
  
Served with  
Seasonal  
Vegetables

Homemade  
Mild Chilli non  
Carne  
  
Served Steamed  
Rice and Sweetcorn

All Day Veggie Brunch  
  
Served with  
Sausage, Beans  
and Hash Brown

Homemade  
Vegan Pizza  
Pinwheels  
  
Served with  
Baby Carrots and  
Fresh Salad

Quorn Nuggets  
  
Served with  
Oven Fries  
and Peas

Jacket  
Option

Freshly Baked Jacket Potato Available Every Day

with a choice of Baked Beans, Vegan Cheese or Tuna Mayonnaise

Served with a selection of Salad Items from the Salad Bar

Dessert

Pancakes and Fruit  
Salad  
  
Fresh Fruit  
Yoghurt

Homemade  
Raspberry Marble  
Cake  
  
Fresh Fruit  
Yoghurt

Homemade  
Cherry Flapjack  
  
Fresh Fruit  
Yoghurt

Homemade  
Cinnamon Biscuit  
  
Fresh Fruit  
Yoghurt

Plant Based  
Ice cream Pot  
  
Fresh Fruit  
Yoghurt

Tasty

Nutritious

Delicious

Fresh

Contact the Office for all Dietary and Allergy related questions.