

Parklands Term 3 LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Red	Homemade Chicken 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 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 Pizza Pinwheels Served with Baby Carrots and Fresh Salad	Homemade Cauliflower and Broccoli Cheese Bake Served with Oven Fries and Peas
Jacket Option	Freshly Baked Jacket Potato Available Every Day with a choice of Baked Beans, 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	Ice cream Pot Fresh Fruit Yoghurt