

Parklands Term 4 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Red	Homemade Pasta Bolognaise Served with Fresh Mixed Salad	Homemade Ham and Vegan Cheese Turnovers Served with Cous Cous and Sweetcorn	Chicken Burger Served with Herby Diced Potatoes and Baked Beans	Homemade Chicken Alfredo Served With Steamed Rice and Seasonal Vegetables	Fish Fillet Served with Oven Fries and Peas
Hot Green Vegetarian	Jacket Potato With Vegan Cheese or Beans Served with Fresh mixed salad	Homemade Bean and Vegan Cheese Quesadillas Served with Cous Cous and Sweetcorn	Veggie Hotdog Served with Herby Diced Potatoes and Baked Beans	Homemade Tomato Pasta Served with Seasonal Vegetables	Quorn Chicken Style Nuggets Served with Oven Fries and Peas
Sandwich Option	Freshly Baked Baguettes Available Every Day with a choice of sliced Gammon Ham or Vegan Cheese Served with a selection of Salad Items from the Salad Bar				
Dessert	Raspberry Jelly Fresh Fruit	Homemade Sprinkle Cake Fresh Fruit	Homemade Shortbread Fresh Fruit	Homemade Chocolate Brownie Fresh Fruit	Plant Based Ice cream Fresh Fruit