

# Parklands Term 4 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Red

Homemade  
Pasta Bolognese  
  
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

Tasty

Nutritious

Fresh

Contact the Office for all Dietary and Allergy related questions.



Educate Together  
Academy Trust

