

Parklands Term 4

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 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 Cheese or
Beans

Served with
Fresh mixed salad

Homemade
Bean and cheese
Quesadillas

Served with Cous
Cous and
Sweetcorn

Veggie Hotdog

Served with
Herby Diced
Potatoes and Baked
Beans

Homemade
Maccaroni Cheese

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 Cheddar Cheese

Served with a selection of Salad Items from the Salad Bar

Dessert

Raspberry Jelly

Fresh Fruit
Yoghurt

Homemade
Sprinkle Cake

Fresh Fruit
Yoghurt

Homemade
Shortbread

Fresh Fruit
Yoghurt

Homemade
Chocolate Brownie

Fresh Fruit
Yoghurt

Ice cream Pot

Fresh Fruit
Yoghurt

Tasty

Nutritious

Delicious

Fresh

Contact the Office for all Dietary and Allergy related questions.