

Parklands Term 5 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Red	Homemade Vegan Pizza Square Served with Onion Rings and Sweetcorn		Butchers Sausage Served with Mashed Potato, Seasonal Vegetables and Gravy	Homemade Mild Chicken Curry Served With Steamed Rice and Green Beans	Jumbo Fish Finger Served with Potato Crunchies and Peas
Hot Green Vegetarian	Homemade Tomato and Pesto Gnocchi Served with Fresh mixed salad	Homemade Seven Veg Pasta Served with Fresh Salad	Veggie Sausage Served with Mashed Potato, Seasonal Vegetables and Gravy	Homemade Samosa Puff Served with Steamed rice and Green Beans	Vegan Fishless Fingers Served with Potato Crunchies 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	Homemade Summer Fruit Flapjack Fresh Fruit	Homemade Chocolate Crunch Fresh Fruit	Homemade Jam and Coconut Cake Fresh Fruit	Homemade Fruit Slice Fresh Fruit	Plant Based Ice cream Fresh Fruit

Delicious

Fresh

