

Parklands Term 6 Dairy Free LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Tasty

Nutritious

Delicious

Fresh



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Red		Homemade Cottage Pie Served With Green Beans	Chicken Burger Served with Herby Diced Potatoes and Sweetcorn	Homemade Chicken Enchiladas Served with Steamed Rice and Seasonal Vegetables	Fish Fillet Served with Potato Crunchies and Peas
Hot Green Vegetarian	Homemade Italian Pasta Bake Served with Fresh mixed salad	Homemade Vegetable Hotpot Served with Green Beans	Veggie Hotdog Served with Herby Diced Potatoes and Sweetcorn	Homemade Vegan Cheese and Bean Quesadilla Served with Steamed Rice and Seasonal Vegetables	Vegan Quorn Nuggets Served with Potato Crunchies and Peas
Sandwich Option	Freshly Made Roll 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 Jelly and Fruit Fresh Fruit	Homemade Oat and Fruit Cookie Fresh Fruit	Homemade Sprinkle Cake Fresh Fruit	Homemade Marshmallow Treat Fresh Fruit	Plant Based Ice Cream Fresh Fruit