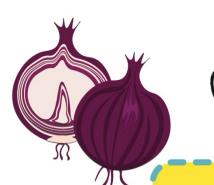
## Parklands Term 5



## LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE





**TUESDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

Option

Homemade Pepperoni Pizza Served with

Onion Rings &

Salad

**MONDAY** 

carne Served with Basmati Rice & Broccoli

Homemade

Mild Chilli con

Sausage Roll Served with

Potato Wedges & **Green Beans** 

Homemade Chicken and Bacon Pasta Bake

Served with **Baby Carrots** 

**Battered Cod Fillet** or Haddock Fishcake Served with Potato Cubes &

**Beans** 



Vegetarian Option

Jacket Potato Topped with Cheese or Tuna Served with Onion Rings &

Salad

Homemade Vegetarian Chicken Korma Served with Basmati Rice &

Broccoli

Homemade Pinwheels Served with

Potato Wedges & Green Beans

Homemade Red Pesto and Mozzarella Pasta

Served with **Baby Carrots** 

Chicken style **Veggie Nuggets** 

Served With

Potato Cubes &

**Beans** 

YUM!



Fresh Roll Option

Tortilla wraps with choice of Ham or Cheese

Onion Rings & Salad

Tortilla Wrap with choice of

SF Chicken or Cheese

Basmati Rice & Broccoli

Tortilla Wrap with choice of

Turkey or Cheese

Potato Wedges and Green Beans

Tortilla wraps with choice of

Meatball or Cheese

Nachos & Baby Carrots

Tortilla Wrap with choice of

Ham or Cheese

Potato Cubes & **Beans** 

Peach Cake Slice

Fresh fruit Yoghurt

Chocolate Shortbread

Fresh fruit

Yoghurt

Cup Cakes

Fresh fruit

Yogurt

Mixed Fruit Bowls

Fresh fruit

Yoghurt

Marshfield Ice-cream

Fresh fruit

**Yoghurt** 

