

Parkland ET 2020 -AW Menu

		Monday	Tuesday	Wednesday
week 1	Main	Sausage Roll (DF)	Tuna Sandwich (DF)	Burger in a Bap (DF)
	Side	Cucumber Sticks	Carrot Sticks	Cucumber Sticks
	Vegetarian	Cheese and Onion Quiche	Cheese Sandwich	Veggie Meat Free Burger in a Bap (DF)
	Pudding	Ice Cream or Dairy Free Ice Cream	Shortcake or Dairy Free Biscuit	Jelly (DF,V)
week 2	Main	Ham Sandwich (DF)	Tuna Wrap (DF)	Hotdog (DF)
	Side	Cucumber Stick	Carrot Sticks	Cucumber Sticks
	Vegetarian	Quorn Ham Sandwich (DF)	Cheese Wrap	Meat Free Hotdog (DF,V)
	Pudding	Fruit Salad	Mousse or Sorbet	Cookie or Dairy Free Cookie

