

Parklands Autumn Dietary Requirement Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat option	Pasta baked in a tomato and vegetable sauce. Mixed salad	Cowboy pasty Potato wedges sweetcorn	Roast chicken Roast potato Seasonal vegetables gravy	Beef hotpot Seasonal veg	Cod fish fingers Herby potatoes Beans or peas
Suitable for	Halal, vegetarian (Can be made vegan, dairy free)	(Can be made halal, dairy free)	Halal, dairy free	Halal, dairy free	Halal, dairy free
Contains Allergens	Gluten (wheat), Celery	Gluten(wheat), sulphites, milk	None of top 14	celery	Gluten (wheat), fish May contain (celery, dairy, sulphites)
Vegetarian option	Baked potato Beans or cheese or vegan cheese salad	Pizza Potato wedges sweetcorn	Vegetarian sausage Mash Seasonal vegetables gravy	Vegetarian cottage pie Seasonal veg	Vegan fish fingers Herby potatoes Beans or peas
Suitable for	Halal, dairy free, vegan, vegetarian	Halal, vegetarian can be made (dairy free, vegan)	Halal, dairy free, vegan, vegetarian	Halal, dairy free, vegan, vegetarian	Halal, dairy free, vegan, vegetarian
Contains Allergens	None of top 14	Gluten (wheat), milk	Gluten (wheat)	Soya, celery	Gluten (wheat) may contain (celery, milk, sulphites)
Fresh rolls (meat)	Ham roll Veg sticks	Ham roll Veg sticks	Ham roll Veg sticks	Ham roll Veg sticks	Ham roll Veg sticks
Suitable for	Dairy free	Dairy free	Dairy free	Dairy free	Dairy free
Contains Allergens	Gluten (wheat) May contain (sesame)	Gluten (wheat) May contain (sesame)	Gluten (wheat) May contain (sesame)	Gluten (wheat) May contain (sesame)	Gluten (wheat) May contain (sesame)
Fresh rolls (vegetarian)	Cheese roll Veg sticks	Cheese roll Veg sticks	Cheese roll Veg sticks	Cheese roll Veg sticks	Cheese roll Veg sticks
Suitable for	Halal, vegetarian (can be made vegan, dairy free)	Halal, vegetarian (can be made vegan, dairy free)	Halal, vegetarian (can be made vegan, dairy free)	Halal, vegetarian (can be made vegan, dairy free)	Halal, vegetarian (can be made vegan, dairy free)
Contains Allergens	Gluten (wheat), milk	Gluten (wheat), milk	Gluten (wheat), milk	Gluten (wheat), milk	Gluten (wheat), milk
Dessert	Fruit cake slice	Brownie	Crunch Bar	Oat cookie	Ice cream Vegan ice cream
Suitable for	Halal, vegetarian, dairy free	Halal, vegetarian, dairy free	Halal, vegetarian, vegan, dairy free	Halal, vegetarian, vegan, dairy free	Halal, vegetarian, vegan, dairy free
Contains Allergens	Gluten (wheat), egg	Gluten (wheat), egg	Gluten (barley)	Gluten (wheat, oat)	Milk, Soya Vegan -none of the main 14

We also offer daily.

Yogurts – suitable for Halal and vegetarian. Contain Milk

A selection of fresh fruit – suitable for Halal, vegetarian, vegan, dairy free