



# YOUR MENU @

# PARK SCHOOL

Spring - Summer 2022

WEEK I	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Peri Peri Chicken Pasta Bake	Baked Sausages served with Mashed Potatoes	Roast Chicken with Lemon Stuffing served with Roast or New Potatoes	Lasagne with Homemade Garlic Slice	"Catch of the Day" in Batter served with Jacket Wedges
<b>Second Choice</b>	Oriental Vegetable & Quorn Sweet & Sour Stir Fry with Egg Noodles	Chicken Fajita with Peppers, Salsa & Natural Yoghurt	'Fishwich' served In a Bun with Roast or New Potatoes	Sri Lankan Fish & Lentil Curry with Basmati Rice	Cajun Spiced Roast Vegetable Stew with Jacket Wedges
<b>Vegetarian Choice</b>	"The Vegan Burger" served with Tomato, Mushroom & Vegan Mayo	Veggie Keema & Naan served with Raita	Feta, Spinach & Red Pepper Whirl served with Roast or New Potatoes	Fresh Pomodoro Pasta Parcels	Homemade Pizza Slice served with Jacket Wedges
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Raspberry Ripple Ice Cream Sponge Roll	Freshly baked Chocolate Sponge Slice served with Chocolate Custard	Apple Crumble served with Vanilla Ice Cream	Freshly baked Plum Cake served with Custard	Belgian Style Waffle served with Fruit Salad
<b>Daily Options</b>	Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt				

**WEEK I**

18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 OCT

Meat served at this school is Halal / Halal & non Halal / Non Halal

KEY: - Vegetarian - Plant Based - Sugar Smart  
 - New Dish - In association with Forest Green Rovers

Eat for Free Scheme funded by



# DINEin

AND DISCOVER



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Spring - Summer 2022

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	'New York' Style Meatballs served with Penne Pasta	Tuna Pizza with Jacket Wedges	Roast Turkey with Yorkshire Pudding served with Roast or New Potatoes	Beef or Lamb & Vegetable Jolloff Rice	Fish Fingers served with Chips
<b>Second Choice</b>	ND Chicken & Plum Stir Fry served with Bok Choi & Noodles	BBQ Chicken with Jacket Wedges	Kickin' Tandoori Chicken Wrap	ND Creamy Butternut Squash Pasta Bake	Cheese & Onion Slice served with Chips
<b>Vegetarian Choice</b>	Quorn Frankfurter Hot Dog in a Roll with Tomato & Onion Relish	Mozzarella, Tomato & Basil Pizza with Jacket Wedges	Lentil Roast with Yorkshire Pudding served with Roast or New Potatoes	Southern Style Burger in a Roll with Coleslaw	ND Beany Tacos with Sweetcorn & Chips
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	ND Apple & Carrot Cake served with Custard	Frozen Yoghurt served with Fruit Salad	Jelly served with Summer Fruit	ND Freshly baked Strawberry Yoghurt Cake served with Custard	Freshly baked Black Forest Slice served with Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 2**

25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 OCT

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	Japanese Chicken Katsu Curry served with Oriental Vegetable Stir Fry & Noodles	<b>ND</b> Creamy Chicken & Spring Vegetable Potato Topped Pie	Roast Lamb & Yorkshire Pudding served with Roast or New Potatoes	Jerk Spiced Chicken served with Rice & Peas	Fish Fingers served with Chips
<b>Second Choice</b>	<b>ND</b> Tomato & Broccoli Mac & Cheese with Rosemary Focaccia <b>V</b>	Lamb Burger served in a Bun with Salad & Jacket Wedges	"Greek on the Street" Chicken Souvlaki served with Folded Flatbread	Kickin' Chicken Burrito with Salsa & Coleslaw	<b>ND</b> Chicken Tikka Naan with Indian Stlye Salad & Yoghurt
<b>Vegetarian Choice</b>	Mixed Bean Quesadilla <b>PB</b>	<b>ND</b> Thai Style Veggie Rice Bowl with Green Beans & Coriander <b>PB</b>	Veggie Sausage 'Toad in the Hole' served with Roast or New Potatoes & Gravy <b>V</b>	Morrocan Style Vegan Tagine with Couscous <b>PB</b>	Homemade Veggie Sausage Roll served with Chips <b>PB</b>
<b>Vegetable Selection</b>	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Plantain Sweetcorn	Garden Peas Baked Beans
<b>Dessert of the Day</b>	Freshly baked Fruity Flapjack <b>S</b>	<b>ND</b> Lemon & Lime Cheesecake <b>S</b>	Frozen Fruit Smoothie	Freshly baked Sticky Mandarin Sponge Cake served with Ice Cream <b>S</b>	Freshly baked Chocolate Shortbread <b>S</b>

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

**WEEK 3**

2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 OCT

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**ND** - New Dish **FG** - In association with Forest Green Rovers

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