



YOUR MENU @

PARK SCHOOL

Spring - Summer 2024

| WEEK 1 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---|---|---|---|
| Choice 1 | Plantballs & Roast Red Pepper Sauce with Rice PB | Keema Curry with Rice, Naan & Raita V | Roast Vegetable Tart served with Roast Potatoes PB | Jerk Sausage with Rice & Peas PB | Pizza Slice with Chips V |
| Choice 2 | Jacket Potato with Choice of Fillings V | Sri Lankan Fish Curry with Basmati Rice | Quorn Soft Shell Taco with Rice V | Cheesy Spinach Pasta Parcels V | Fish Fingers with Chips |
| Choice 3 | Quorn Dippers with Sweet & Sour Sauce & Egg Noodles V | Lamb & Lentil Lasagne with Garlic Slice | Roast Chicken & Herby Stuffing with Roast Potatoes | Fruity Caribbean Chicken with Rice & Peas | Chicken Shawarma in Flatbread |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Plantain Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | Raspberry Ripple Ice Cream Sponge Roll V | Apple Crumble served with Vanilla Ice Cream* SS V | Frozen Yoghurt served with Fruit Salad* V | Fresh Fruit Platter PB | Belgian Style Waffle served with Fruit Salad V |

Daily Options

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

WEEK 1 15 Apr, 6 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct.

HALAL & NON HALAL MEAT SERVED AT THIS SCHOOL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
 * - (Egg Free Dessert Recipe)



DINEin
AND DISCOVER



YOUR MENU @

PARK SCHOOL

Spring - Summer 2024

| WEEK 2 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|---|---|---|---|
| Choice 1 | Beany Burrito with Mexican Salad PB | Vegetable Pasta Bake V | Toad in The Hole served with Roast or New Potatoes V | Jackfruit Spaghetti Bolognese PB | Chickpea & Potato Curry with Rice PB |
| Choice 2 | Creamy Butternut Squash Pasta Bake V | BBQ Chicken Pasta Bake | Tuna Melt Panini served with Salad & Coleslaw | Lamb & Vegetable Jollof Rice | Fish in Batter with Chips |
| Choice 3 | Quorn Frankfurter Hot Dog with Jacket Wedges V | Baked Sausages served with Mashed Potatoes | Roast Chicken with Yorkshire Pudding with Roast or New Potatoes | Moroccan Style Tagine with Couscous PB | Quorn Pattie Muffin with Chips V |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Garden Peas Baked Beans | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Fresh Carrots Green Beans |
| Dessert of the Day | Frozen Orange & Mango Smoothie* PB | Chocolate Sponge Slice served with Chocolate Custard V SS | Fresh Fruit Platter PB | Peach Melba Crumble & Ice Cream* V SS | Jelly served with Summer Fruit* PB |

Daily Options

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

WEEK 2

22 Apr, 13 May, 10 Jun, 1 Jul, 22 July, 9 Sep, 30 Sep, 21 Oct

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Spring - Summer 2024

| WEEK 3 | 'Climate Friendly' Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|--|--|---|--|
| Choice 1 | Spring Vegetable Bake with Mashed Potatoes PB | Vegetable Tikka Masala with Rice & Naan V | Mediterranean Vegetable Tart with New Potatoes PB | Tuscan Mixed Bean Pasta Bake with Focaccia Slice PB | Sausage Roll with Chips PB |
| Choice 2 | Mac & Cheese with Focaccia V | Piri Piri Glazed Chicken with Rice | Souvlaki Chicken with New Potatoes | Lamb Burger in a Bun with Jacket Wedges | Fish Fingers with Chips |
| Choice 3 | Mixed Bean Wrap with Rice PB | Jacket Potato with Choice of Fillings V | 'Fishwich' served in a Bun with Potato Salad | Southern Style Burger in a Roll with Jacket Wedges V | Chicken Tikka Naan with Indian Style Salad & Yoghurt |
| Vegetable Selection | Sweetcorn Fresh Broccoli | Green Beans Fresh Carrots | Seasonal Fresh Vegetables | Mixed Vegetables Sweetcorn | Garden Peas Baked Beans |
| Dessert of the Day | SS Fruity Flapjack* PB | Banana Slice* PB | SS Lemon & Lime Cheesecake* V | SS Chocolate & Pear Pudding* V | Summer Fruit Platter with Ice Cream* V |

Daily Options

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

WEEK 3

29 Apr, 20 May, 17 Jun, 8 Jul, 16 Sep, 7 Oct.

HALAL & NON HALAL MEAT SERVED AT THIS SCHOOL

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