

Spring Term 2021

Lunch Menu



PARKSIDE
SCHOOL

WEEKS 1, 4, 7, 10					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	Apricot flapjack	American Cookie	Wholegrain pitta pizza	Lemon Drizzle	Warm sausage roll
Nursery/Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Chicken fajitas With salsa & sour cream	Roast of the week	Homemade meat balls or flaked salmon & cous cous bake	Thai green chicken	Battered white fish fillet
Vegetarian Option	Macaroni cheese	Roasted vegetable & chick pea rice pots	Spinach & feta sausage Roll	Jumbo mushrooms stuffed with spicy quorn	Vegetable cheeseburger
Side Dishes	Tomato sauce Baked potato Carrot rings Steamed whole green beans	Roast potato Cabbage Broccoli	Rich tomato sauce Spaghetti Sweetcorn	Rice noodles or Egg noodles Steamed carrots Stir fried vegetables	Chunky chips Steamed peas & carrot Broccoli
Alternative Carb	50/50 Pasta	50/50 Penne pasta	Baked potato	Baked potato	Pasta spirals
Desserts	Carrot and orange Muffin	Lemon drizzle tray bake	Fresh fruit pots yoghurt	Chocolate, berry mouse & mini doughnut	Fresh fruit pots yoghurt
	<u>A cold selection of desserts available through the week, Fruit yoghurt, fresh fruit pots,</u>				
Salad	<u>A variety of salads are served throughout the week.</u> Served with: ham, cheese, tuna, mackerel, egg, carrot sticks, cucumber, tomatoes, lettuce, peppers, served in individual pots				

Spring Term 2021

Lunch Menu



WEEKS 2, 5, 8, 11					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	oatmeal biscuit	Blueberry muffin	Warm sausage roll	Warm flapjack with chocolate swirl	Melted cheese baguette
Nursery/Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Chinese chicken noodle box	Lasagne Or Pollock pie with cheddar top	Themed Lunch	Roast of the week	Battered jumbo Cod fish finger With a tortilla wrap
Vegetarian Option	Butternut squash & mixed Bean risotto with herbs	Halloumi Bubble & squeak cake with salsa		Vegetable & cheese burger	Quorn sausage
Side Dishes	Green beans Battered carrots	Garlic bread Sweetcorn broccoli		Roast potatoes Braised red cabbage Steamed carrot	Chips peas Grilled tomato
Alternative carb	Baked potato	Baked potato		50/50 Pasta	50/50 Penne pasta
Desserts	Raisin Shortbread	Apple crumble	Fresh fruit Wednesday yoghurt	Chocolate cake	Fresh fruit pots yoghurt
	<u>A cold selection of desserts available through the week, Fruit yoghurt, fresh fruit.</u>				
Salad	<u>A variety of salads are served throughout the week.</u> Served with: ham, cheese, tuna, mackerel, egg, carrot sticks, cucumber, tomatoes, lettuce, peppers				

Spring Term 2021

Lunch Menu



WEEKS 3, 6, 9					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	Vanilla cake	Oat cookie	Sausage in finger roll	Warm seeded flapjack	French bread pizza
Nursery/Pre Prep Snacks	Fruit / Breadsticks / Popcorn / Cheese				
Main Meal	Spaghetti Bolognese	Chunky chicken cottage pie or Cod Mornay	Roast of the Week	Cheeseburger in a roll	Breaded chicken breast or Tuna bake
Vegetarian Option	Vegetable and feta Quiche	Baked sweet potato & Quorn moussaka	Cauliflower and broccoli cheese	Spicy bean burger In a roll	Tangy macaroni cheese
Side Dishes	Sweetcorn Battered carrots	New potatoes Steamed peas	Roast potatoes Green beans	Baked jacket wedges Baked beans sweetcorn	Chunky chips Grilled tomatoes Steamed petti pois With sweet chilli sauce
Alternative carb	Jacket potato	50/50 Pasta spirals	50/50 Penne pasta	50/50 pasta	Tri colour pasta
Desserts	Winter fruit oaty Crumble Custard	Popcorn crispy squares	Fresh fruit Wednesday Yoghurt pots	Chocolate brownie Blueberry and Greek yoghurt pots	Fresh fruit pots Fruit yoghurt
	<u>A cold selection of desserts available through the week, Fruit yoghurt, fresh fruit pots</u>				
Salad	<u>A variety of salads are served throughout the week.</u> <u>Served with: ham, cheese, tuna, mackerel, egg, carrot sticks, cucumber, tomatoes, lettuce, peppers,</u>				