

LUNCH MENU

WEEK 1

WEEK BEGINNING: 17-04-23 / 08-05-23 / 29-05-23 / 19-06-23 / 10-07-23

MONDAY

Main meal 1

Sweet & Sour Chicken

Served with Rice & roasted broccoli.

▲ 2, 4, 12

Main meal 2

Sweet & Sour Vegetables

Served with Rice & roasted broccoli.

▲ 2, 4, 12

Chef daily special

Park House Club Baguette

▲ 2 MC 1,4, 7, 9,12

Desserts

Rice Pudding & Fruit compote

▲ 7

TRADITIONAL TUESDAY

Main meal 1

Cottage Pie

Served with fluffy mash, cabbage and peas.

▲ 13

Main meal 2

Vegan Quorn Sausage & Onion Gravy

Served with fluffy mash, cabbage and peas.

▲ 2, 12

Desserts

Apple and Berry Crumble

▲ 2

ROASTING WEDNESDAY

Main meal 1

Roast Pork & Apple Sauce

Served with roast potatoes, stuffing, vegetables & gravy.

▲ 2

Main meal 2

Butternut Wellington

Served with roast potatoes, stuffing, vegetables & gravy.

▲ 2, 4, 7

Chef daily special

Roast Pork in a Bap

Roast pork and stuffing in a bap

▲ 2, M/C 11

Desserts

Cocoa & Beetroot Brownie

▲ 2, 4, MC 7

THEME THURSDAY

Main meal 1

Cuban Mojo Diced Chicken

Served with Cuban mojo rice.

▲ 2

Main meal 2

Cuban Mojo Quorn fillet

Served with Cuban mojo rice.

▲ 2

Chef daily special

Baked Cajun Chicken Baguette

▲ 2

Desserts

Cuban Caramel Sponge

▲ 2, 4, 7

FAKEAWAY FRIDAY

Main meal 1

Crispy Cod Fillet

Battered cod fillet and chips & baked beans.

▲ 2, 5

Main meal 2

Vegetarian Sausage Roll

Served with chips & baked beans.

▲ 2, 7, 12

Chef daily special

Salmon Fish Finger Butty

▲ 2, 5, M/C 13,11

Desserts

Blueberry Muffin

▲ 2, 4, 7

▲ ALLERGEN KEY

- | | | |
|---------------|---------------|-----------------|
| 1. Celery | 2. Gluten | 3. Crustaceans |
| 4. Eggs | 5. Fish | 6. Lupin |
| 7. Milk | 8. Molluscs | 9. Mustard |
| 10. Peanuts | 11. Sesame | 12. Soybeans |
| 13. Sulphites | 14. Tree nuts | M/C May contain |



AVAILABLE DAILY

Wholemeal bread, fresh salads, variety of seasonal fresh fruit, yogurts and jacket potato with choice of toppings

Catering provided by Greenshaw Learning Trust.
All products are locally sourced wherever possible.
All food is cooked fresh on the school site each day.

LUNCH MENU. WEEK 2

WEEK BEGINNING: 24-04-23 / 15-05-23 / 05-06-23 / 26-06-23

MONDAY

Main meal 1

Sticky Vegetarian Sausages

Served with noodles coleslaw & salad.

▲ 1, 2, 4, 12

Main meal 2

Quorn & Vegetable Fajitas

Served with coleslaw, wedges & salad.

▲ 2, 4, 9

Chef daily special

Park House Club Baguette

▲ 2 MC 1,4, 7, 9,12

Desserts

Apple Crumble Cake

▲ 2, 4

TRADITIONAL TUESDAY

Main meal 1

Penne Beef Bolognese

Served with garlic slice.

▲ 2 MC 7,12

Main meal 2

Spinach & Ricotta Vegetable Lasagne

Served with garlic slice.

▲ 2,7 MC 4,12

Chef daily special

Pull Pork Baguette

▲ 2, 7 MC 12

Desserts

Roasted Orchard Fruit

▲ 7

ROASTING WEDNESDAY

Main meal 1

Roast Chicken

Served with roast potatoes, stuffing, vegetables & gravy.

▲ 2

Main meal 2

Vegan Lattice

Served with roast potatoes, stuffing, vegetables & gravy.

▲ 2, 12

Chef daily special

Roast Chicken in a Bap

Roast chicken and stuffing in a bap.

▲ 2, M/C 11

Desserts

Sticky Toffee Pudding

▲ 2, 4, 7

THEME THURSDAY

Main meal 1

Sri Lankan Chicken Curry

Served with yellow rice & naan bread.

▲ 2

Main meal 2

Red Lentil & Sweet Potato Dhal

Served with yellow rice & naan bread.

▲ 2, 7

Chef daily special

Tandoori Chicken Wrap

▲ 2, 7, 9

Served in a wrap with yoghurt & coriander.

Desserts

Pear & Cocoa sponge

▲ 2, 4

FAKEAWAY FRIDAY

Main meal 1

Beef Burger

Served with chips & baked beans.

▲ 2, 12, 13 MC 11

Main meal 2

Vegetable ¼ Pounder

Served with chips and baked beans.

▲ 2, MC 11

Chef daily special

Chicken nugget & Chip Pot

▲ 1, 2

Desserts

Pancakes & Strawberry Compote

▲ 2, 4, 7

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LUNCH MENU WEEK 3

WEEK BEGINNING: 1-05-23 / 22-05-23 / 12-06-23 / 03-07-23

MONDAY

Main meal 1

Smoked Spiced Vegan Paella

Served with garlic slice.

▲ 1, 2,, M/C 7,12

Main meal 2

Vegan Sloppy Joe

▲ 2, 12

Chef daily special

Park House Club Baguette

▲ 2, 7, 9

Desserts

Peach Crumble Cake

▲ 2, 4

TRADITIONAL TUESDAY

Main meal 1

Baked Pork Sausage

Served with fluffy mash, carrots & peas.

▲ 2, 4, 7, 13

Main meal 2

Vegan Cottage Pie

Served with fluffy mash, carrots & peas.

▲ 2, 12, 13

Chef daily special

Roasted Vegetable Flatbread

▲ 2

Desserts

Banana Bread

▲ 2, 4, 7

ROASTING WEDNESDAY

Main meal 1

Roasted Glazed Gammon

Served with roast potatoes, vegetables & gravy.

▲

Main meal 2

Vegetarian Toad In The Hole

Served with roast potatoes, vegetables & gravy.

▲ 2, 4, 7

Chef daily special

Roast Gammon In a Bap

Roast Gammon and stuffing in a bap

▲ 2 MC 11

Desserts

Eve's Pudding (Apple Sponge)

▲ 2, 4, 7

TRADITIONAL THURSDAY

Main meal 1

North African Chicken Tagine

Served with lemon cous cous and green beans.

▲ 2 MC 9

Main meal 2

Shakshuka

Shakshuka is a simple dish made of gently poached eggs in a delicious chunky tomato and pepper sauce.

▲ 2, 4 MC 9, 12

Chef daily special

African Spiced Chicken Wrap

▲ 2, 7

Desserts

Carrot Cake

▲ 2, 4, 7

FAKEAWAY FRIDAY

Main meal 1

Crispy Cod Fillet

Battered cod fillet and chips & baked beans.

▲ 2, 5

Main meal 2

Vegan Sweet Potato Falafel Wrap

Served with chips & sweetcorn.

▲ 1, 2, 7

Chef daily special

Chicken Or Vegetable Nuggets Pot With Chips

▲ 1, 2

Desserts

Berry Crumble Bar

▲ 2

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