

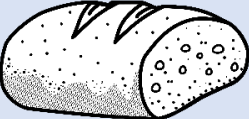






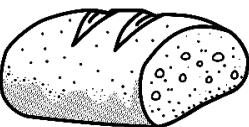


Parkside House School Lunch Menu

Autumn term 2 2017-18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 		Teacher training	Beef madras & Rice	Pizza chips and beans	Quiche & Salad
<b>Vegetables</b> 			Onion Pepper	Beans	Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 		Bread	Bread Rice	Chips Bread	Bread Pastry
<b>2<sup>nd</sup> Choice</b>			Soup & crusty Bread	Beans on toast	Sandwiches and salad
<b>Desert</b> 			Chocolate Crispy Cakes	Ice cream sundae	Strudel and Custard
<b>2<sup>nd</sup> Choice Desert</b> 			Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit


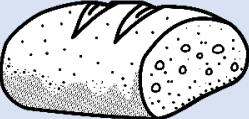

**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Spaghetti Bolognese	Fajitas & salad	Roast chicken dinner With veg	Hotdogs chips & beans	Homemade veg Soup
<b>Vegetables</b> 	Tinned Tomatoes Lettuce Tomatoes Onion Cucumber Peppers	Lettuce Tomatoes Onion Cucumber Peppers	Green beans Carrots Onion	Beans Lettuce Tomatoes Onion Cucumber Peppers	Cucumber Tomatoes Peppers Celery Carrots
<b>Carbohydrates</b> 	Pasta Bread	Wraps Potato	Potato Bread	Chips Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches and salad	Jacket potato with salad	Soup & crusty Bread	Sandwiches and salad	Panini & Salad
<b>Desert</b> 	Fresh fruit salad & cream	Flapjacks	Apple pie & Ice cream	Vienetta	Ginger cake & Custard
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



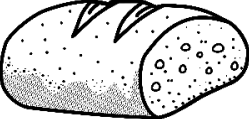


**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Lasagne & salad	Sweet and sour Chicken & rice	Mince & dumplings With mash & veg	Chicken burgers in Rolls with chips & Sweetcorn	Steak baguette with Salad
<b>Vegetables</b> 	Tinned Tomatoes Onion Lettuce Tomatoes Cucumber Peppers	Pineapple Lettuce Tomatoes Onion Cucumber Peppers	Onion Green beans Carrots	Sweetcorn Lettuce Tomatoes Onion Cucumber Peppers	Lettuce Tomatoes Onion Cucumber Peppers
<b>Carbohydrates</b> 	Pasta Bread	Rice Potato	Potato Bread	Chips Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & salad	Jackets & salad	Soup and crusty Bread	Sandwiches & salad	Panini & salad
<b>Desert</b> 	Meringue nests with Cream & fruit	Rice pudding	Gateau	Ice cream	Chocolate crispy cakes
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



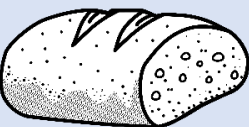


**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Spaghetti & Meatballs	Chicken casserole new potatoes & Veg	Chilli & rice	Fish fingers , Chips & peas	Homemade tomato Soup
<b>Vegetables</b> 	Tinned Tomatoes Lettuce Tomatoes Onion Cucumber Peppers	Lettuce Tomatoes Onion Cucumber Peppers Carrots Broccoli	Kidney Beans Onion Tinned Tomatoes Peppers	Peas	Salad Onion Tomatoes
<b>Carbohydrates</b> 	Pasta Bread	Potatoes	Rice Bread	Chips Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & salad	Jacket potato with Salad	Soup and crusty Bread	Beans on toast	Panini & salad
<b>Desert</b> 	Cheesecake	Scones Jam & Cream	Flapjacks	Ice cream	Cake & Custard
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



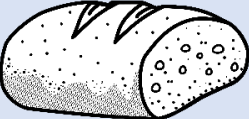


**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Pasta bake & salad	Fajitas & salad	Beef casserole with Mashed potato & Veg	Chicken nuggets , Chips & sweetcorn	Homemade soup & Crusty rolls
<b>Vegetables</b> 	Pepper Lettuce Tomatoes Onion Cucumber Peppers	Onion Peppers Tomatoes Cucumber Lettuce	Onion Carrots Peppers Tomatoes Cucumber Swede	Sweetcorn	Lettuce Tomatoes Onion Cucumber Peppers
<b>Carbohydrates</b> 	Pasta Bread	Wraps Potato	Potato Bread	Chips Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & salad	Jacket potato & Salad	Sandwich & salad	Soup & Rolls	Panini & Salad
<b>Desert</b> 	Cake & Custard	Banoffie pie	Cheesecake	cupcakes	Scones jam cream
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



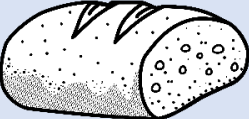


**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Macaroni Cheese With Salad	Lunches From Different Cultures FRENCH DAY	Sausage Casserole Mash & Veg	Pizza Chips & Beans	Quiche & Salad
<b>Vegetables</b> 	Onion Peppers Tomatoes Cucumber Lettuce		Carrots Onions Green Beans Peppers Tomatoes Cucumber	Beans	Onions Peppers Tomatoes Cucumber Lettuce
<b>Carbohydrates</b> 	Pasta Bread		Potato Bread	Chips Bread	Bread Pastry
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad		Sandwiches & Salad	Soup & roll	Panini & Salad
<b>Desert</b> 	Scones Jam Cream		Cheesecake	Cupcakes	Strudel & Custard
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit		Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



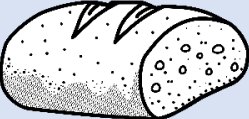


**Parkside House School Lunch Menu**

**Autumn term 2 2017-18**

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Spaghetti Bolognese	Curry & rice	Chilli con carne & Rice	Jackets & salad	Homemade soup & Crusty rolls
<b>Vegetables</b> 	Pepper Tinned Tomatoes Onion Cucumber Lettuce Tomatoes	Onion Peppers Tomatoes Cucumber Lettuce	Onion Kidney Beans Peppers Tomatoes Cucumber Lettuce	Lettuce Tomatoes Onion Cucumber Peppers	Peppers Tomatoes Cucumber Celery Carrot Lettuce
<b>Carbohydrates</b> 	Pasta Bread	Rice Potato	Potato Bread	Chips Bread	Crusty bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad	Jacket Potato & Salad	Panini & salad	Soup & Roll	Sandwiches & Salad
<b>Desert</b> 	Chocolate Fudge Cake & cream	Rock buns	Cheesecake	Iced cupcakes	Rice pudding
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Parkside House School Lunch Menu

Autumn term 2 2017-18

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Christmas Lunch	Curry & rice	Bacon and Sausage Sandwiches		
<b>Vegetables</b> 	Sprouts Parsnips Broccoli Carrots	Onion Peppers Tomatoes Cucumber Lettuce			
<b>Carbohydrates</b> 	Potatoes Stuffing	Rice Potato			
<b>2<sup>nd</sup> Choice</b>		Jacket Potato & Salad			
<b>Desert</b> 	Christmas Pudding & Brandy Sauce	Rock buns			
<b>2<sup>nd</sup> Choice Desert</b> 	Chocolate Gateau & Cream	Yogurt or fruit			



