

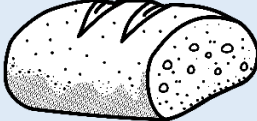




Parkside House School Lunch Menus

Spring term 1



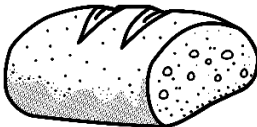


2017-18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 		Teacher Training	Teacher Training	Fish fingers , Chips & Peas	Quiche with Salad and New Potatoes
Vegetables 				Peas	Lettuce Cucumber Tomatoes Peppers Onion
Carbohydrates 				Chips Bread	Bread Potato
2nd Choice				Soup & Crusty Bread	Sandwiches & Salad
Desert 				Ice Cream Sundae	Rock buns
2nd Choice Desert 				Yogurt or Fruit	Yogurt or Fruit

Parkside House School Lunch Menus

Spring term 1



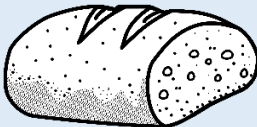


2017-18

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti & Meatballs	Beef Madras Curry & Rice	Roast Chicken with Mash Potatoes & Vegetables	Pizza , chips and beans	Corned beef pie, new potatoes & vegetables
Vegetables 	Tinned Tomatoes Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Peas Broccoli Carrots	Beans	Cucumber Tomatoes Peppers Onion Lettuce Green Beans Carrots
Carbohydrates 	Pasta Bread	Potato Rice	Potato Bread	Chips Bread	Bread Potatoes Pastry
2nd Choice	Sandwiches and salad	Jackets & salad	Soup & Crusty bread	Beans on toast	Panini & Salad
Desert 	Fruit salad & cream	Ginger & Mandarin Trifle	Scones, Jam & Cream	Ice Cream	Chocolate Crispy Cakes
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

Parkside House School Lunch Menus

Spring term 1



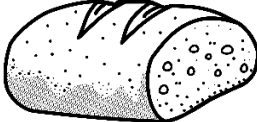


2017-18

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lasagne & Salad	Fajitas & Salad	Shepherd's pie with Mash & Vegetables	Chicken Steaks Chips & Sweetcorn	Steak Baguette with Salad
Vegetables 	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Green beans Carrots Peas	Cucumber Tomatoes Peppers Onion Lettuce Sweetcorn	Cucumber Tomatoes Peppers Onion Lettuce
Carbohydrates 	Pasta Bread	Wraps Potato	Potato Bread	Chips Bread	Bread
2nd Choice	Sandwiches & Salad	Jacket Potato with Salad	Soup & Crusty Roll	Sandwich & Salad	Panini & Salad
Desert 	Meringue, fruit and cream	Chocolate Trifle	Gateau	Ice cream sundae	Tray bake & Custard
2nd Choice Desert 	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit	Yogurt or fruit	Yogurt or fruit

Parkside House School Lunch Menus

Spring term 1



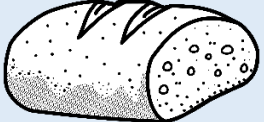


2017-18

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti Bolognese	Sweet & Sour Chicken & Rice	Sausage Casserole with New Potatoes & Vegetables	Hotdogs Chips & Beans	Quiche & Salad
Vegetables 	Tinned Tomatoes Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Peas Carrots Cucumber Tomatoes Peppers Onion Lettuce	Beans	Cucumber Tomatoes Peppers Onion Lettuce Beetroot
Carbohydrates 	Pasta Bread	Rice Bread	Potatoes Bread	Chips Bread	Rice Bread
2nd Choice	Sandwiches & Salad	Jacket Potato with Salad	Sandwich & Salad	Soup & Roll	Panini & Salad
Desert 	Crumble & Custard	Cheesecake	Flapjacks	Ice cream	Cake & Custard
2nd Choice Desert 	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Macaroni cheese & Salad	Enchiladas & Salad	Beef casserole with Mashed Potato & Vegetables	Fishcakes Chips & Peas	Lunches from Different Cultures CHINESE LUNCH
Vegetables 	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Carrots Green Beans	Peas	
Carbohydrates 	Pasta	Wraps	Potato	Chips Bread	
2nd Choice	Sandwiches & Salad	Jacket potato & Salad	Sandwich & Salad	Soup & Roll	
Desert 	Banoffie Pie	Apple Pie & Ice Cream	Scones Jam & Cream	Cupcakes	
2nd Choice Desert 	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit	