

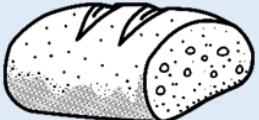




# Parkside House School Lunch Menus

Spring term 2



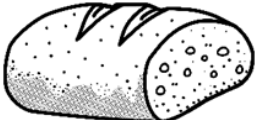


2017-18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Teacher Training	Teacher Training	Beef Casserole Mash Potato & Vegetables	Pizza, Chips & Beans	Homemade Leek & Potato Soup
<b>Vegetables</b> 			Carrots Peas Cucumber Tomatoes Peppers Lettuce Onion	Beans	Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 			Potatoes Bread	Chips Bread	Bread Potato
<b>2<sup>nd</sup> Choice</b>			Sandwiches with Salad	Beans on Toast	Panini and Salad
<b>Desert</b> 			Marble cake & custard	Ice cream Sundae	Scones, Jam & Cream
<b>2<sup>nd</sup> Choice Desert</b> 				Yogurt or Fruit	Yogurt or Fruit

# Parkside House School Lunch Menus

Spring term 2



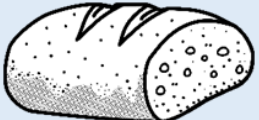


2017-18

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Spaghetti Bolognese	Fajitas with Salad	Mince & Dumplings with mash Potato & Vegetables	Fish Fingers, Chips & Peas	Homemade tomato Soup & Crusty bread
<b>Vegetables</b> 	Tinned Tomatoes Cucumber Tomatoes Peppers Lettuce Onion	Cucumber Tomatoes Peppers Lettuce Onion	Green beans Carrots Onion	Peas	Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 	Pasta Bread	Wraps Potato	Potato Bread	Potato Bread	Bread
<b>2<sup>nd</sup> Choice</b>	sandwiches and Salad	Jacket Potato with Salad	Sandwiches & Salad	Soup & Crusty Roll	Panini & Salad
<b>Desert</b> 	Fruit salad & cream	Apple Pie & Custard	Cheesecake	Vendetta	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 Menus

Spring term 2






2017-18

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Lasagne & Salad	Roast Chicken with Potatoes and vegetables	Sausage Casserole Vegetables & Onion gravy	Chicken burgers in Rolls with chips & Sweetcorn	Quiche & salad
<b>Vegetables</b> 	Tinned Tomatoes Cucumber Tomatoes Peppers Lettuce Onion	Cucumber Tomatoes Peppers Lettuce Onion	Green beans Carrots Cucumber Tomatoes Peppers Lettuce Onion		Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 	Pasta Bread	Potato	Potato Bread	Potato Bread	Bread Pastry
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad	Jacket Potato with Salad	Sandwiches & Salad	Soup & Roll	Panini & Salad
<b>Desert</b> 	Meringue Nests with Cream & fruit	Rock cakes	Gateau	Ice cream sundae	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 Menus

Spring term 2



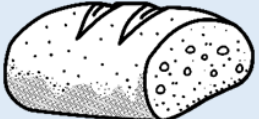


2017-18

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Spaghetti & Meatballs	Glazed Chicken Drumsticks & Rice	Beef Casserole with New Potatoes & Vegetables	Fishcakes , Chips & Peas	Steak & Mushroom Baguette with Salad
<b>Vegetables</b> 	Cucumber Tomatoes Peppers Lettuce Onion	Cucumber Tomatoes Peppers Lettuce Onion	Cucumber Tomatoes Peppers Lettuce Onion	Peas	Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 	Pasta Bread	Rice Potato	Potato Bread	Chips Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad	Jacket Potato with Salad	Sub Roll & Salad	Soup & Crusty roll	Panini & Salad
<b>Desert</b> 	Banoffee Pie	Scones Jam & Cream	Ginger Cake & Custard	Ice cream	Cupcakes
<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 Menus

Spring term 2






2017-18

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Pasta bake & salad	Enchiladas & salad	Pork casserole with Mashed Potato & Vegetables	Chicken Nuggets , Chips & Sweetcorn	Beef Curry & Rice
<b>Vegetables</b> 	Cucumber Tomatoes Peppers Lettuce Onion	Cucumber Tomatoes Peppers Lettuce Onion	Carrots Green Beans Cucumber Tomatoes Peppers Lettuce Onion	Sweetcorn	Cucumber Tomatoes Peppers Lettuce Onion
<b>Carbohydrates</b> 	Pasta Bread	Wraps Bread	Potato Bread	Potato Bread	Bread Rice
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad	Jacket Potato & Salad	Sandwiches & Salad	Soup & Roll	Panini & Salad
<b>Desert</b> 	Chocolate Fudge Cake & Ice cream	Pots au chocolat	Cheesecake	Cupcakes	Traybake & 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 Menus**

**Spring term 2**

**2017-18**

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Chilli and rice	Lunches from different cultures EASTER LUNCH	Chicken Curry & Rice	Burger & Chips with Coleslaw	
<b>Vegetables</b> 	Cucumber Tomatoes Peppers Lettuce Onion		Cucumber Tomatoes Peppers Lettuce Onion		
<b>Carbohydrates</b> 	Rice Bread		Rice Bread	Potato Bread	
<b>2<sup>nd</sup> Choice</b>	Sandwiches & Salad		Panni & Salad	Soup & Roll	
<b>Desert</b> 	Fresh Fruit Salad with cream		Cheesecake	Ice cream and Jelly	
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or Fruit		Yogurt or Fruit	Yogurt or Fruit	