

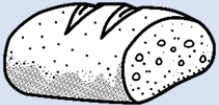




Parkside House School Lunch Menu

Summer term 1



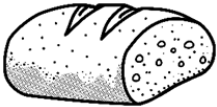


2017-18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 		Teacher Training	Teacher Training	Fish cakes, chips & peas	Homemade soup & crusty bread
Vegetables 				Peas	Lettuce Cucumber Tomatoes Peppers Onions
Carbohydrates 				Chips Bread	Bread
2nd Choice				Beans on toast	Sandwiches & salad
Desert 				Ice cream sundae	Chocolate Crispy Cakes
2nd Choice Desert 				Yogurt or Fruit	Yogurt or Fruit

Parkside House School Lunch Menu

Summer term 1



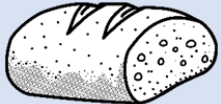


2017-18

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti & meatballs	Enchiladas with Salad	Shepherd's pie with vegetables	Pizza, chips and beans	Corned beef pie New pots & veg
Vegetables 	Tinned Tomatoes Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions	Green beans Carrots Onion		Lettuce Cucumber Tomatoes Peppers Onions
Carbohydrates 	Pasta Bread	Wraps Potato	Potato	Chips	
2nd Choice	Sandwiches & salad	Jacket Potato with salad	Soup & crusty Roll	Beans on toast	Sandwiches & Salad
Desert 	Fresh fruit & cream	Fruit crumble & Custard	Cheesecake	Vienetta	Cake & custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

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Summer term 1



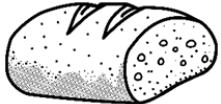


2017-18

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Macaroni Cheese & salad	Chicken Curry & Rice	Mince & dumplings With mash & veg	Chicken burgers in Rolls ,chips & Sweetcorn	Steak baguette & Salad
Vegetables 	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions	Green beans Carrots Sweetcorn		Lettuce Cucumber Tomatoes Peppers Onions
Carbohydrates 	Pasta Bread	Rice Potato	Potato Bread	Potato Bread	Bread
2nd Choice	sandwiches & salad	Jacket potato with Salad	Soup & crusty Roll	Beans on toast	Sandwiches & salad
Desert 	Meringue nests with Cream & fruit	Choc Trifle	Gateau	Ice cream sundae	Traybake & Custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

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Summer term 1



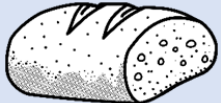


2017-18

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lasagne & salad	Fajitas & salad	Sausage casserole with new potatoes	Hotdogs, Chips & beans	Lunches from different cultures Japanese Lunch
Vegetables 	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions		
Carbohydrates 	Pasta Bread	Wraps Potato	Potatoes Bread	Potato	
2nd Choice	Sandwiches & salad	Jacket potato with Salad	Sandwiches & salad	Soup & rolls	
Desert 	Jam sponge & custard	Flapjacks	Chocolate crispy cakes	Ice cream	
2nd Choice Desert 	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 	Spaghetti Bolognese	Beef Madras & Rice	Beef casserole with Mashed Potato & Vegetables	Chicken Nuggets Chips & sweetcorn	Homemade soup & Crusty rolls
Vegetables 	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions		Lettuce Cucumber Tomatoes Peppers Onions
Carbohydrates 	Pasta Bread	Rice Potato	Potato Bread	Potato Bread	Bread
2nd Choice	sandwiches & salad	Jacket potato & Salad	Sandwiches & salad	Soup & crusty roll	Panini & salad
Desert 	Iced sponge & Custard	Scones, Jam & cream	Cheesecake	Cupcakes	Strudel & custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

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Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Macaroni cheese & salad	Chicken curry & rice	Mince & dumplings with mash & vegetables	Chicken burgers in Rolls, chips & Sweetcorn	Steak baguette & Salad
Vegetables 	Lettuce Cucumber Tomatoes Peppers Onions	Lettuce Cucumber Tomatoes Peppers Onions	Green beans Carrots Broccoli	Sweetcorn	Lettuce Cucumber Tomatoes Peppers Onions
Carbohydrates 	Pasta Bread	Rice Potato	Potato Bread	Bread Potato	Bread
2nd Choice	Sandwiches & salad	Jacket potato with Salad	Soup & crusty Roll	Beans on toast	Sandwiches & salad
Desert 	Meringue Nests with Cream & fruit	Chocolate Trifle	Gateau	Ice cream sundae	Traybake & Custard
2nd Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

