







# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Teacher training	Teacher training	Chilli & Rice	Hotdogs in rolls with chips & beans	Quiche & Salad
Vegetables 			Cucumber Toms Peppers	Beans	Cucumber Tomatoes Peppers Onion Lettuce
Carbohydrates 			Rice Bread	Potato Bread	Bread Pastry
2 <sup>nd</sup> Choice			sandwiches & salad	Soup & rolls	Panini & salad
Desert 			Jam sponge & custard	Ice cream sundae	Chocolate crispy cakes
2 <sup>nd</sup> Choice Desert 			Yogurt or Fruit	Yogurt or Fruit	Yogurt or Fruit



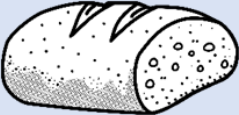


# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Spaghetti Bolognese	Roast Chicken with vegetables	Shepherd's pie with vegetables	Pizza , chips and beans	Tomato & basil Tart with Salad
Vegetables 	Cucumber Tomatoes Peppers Onion Lettuce	Carrots Broccoli Peas Cucumber Tomatoes Peppers Onion Lettuce	Green beans Carrots onion		Cucumber Tomatoes Peppers Onion Lettuce
Carbohydrates 	Pasta Bread	Potato	Potato Bread	Potato Bread	Bread
2 <sup>nd</sup> Choice	Sandwiches & salad	Jacket potato & salad	Soup & Crusty roll	Beans on toast	Panini & Salad
Desert 	Cake & custard	Meringue fruit & Cream	Cheesecake	Vienetta	Rock cakes
2 <sup>nd</sup> Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



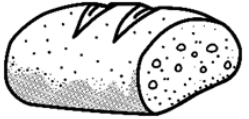


# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lasagne & Salad	Fajitas & salad	Sausage casserole , Mash & vegetables	Chicken steaks ,chips & sweetcorn	Steak baguette & salad
Vegetables 	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Green beans Carrots		Cucumber Tomatoes Peppers Onion Lettuce
Carbohydrates 	Pasta Bread	Wraps Potato	Potato	Potato Bread	Bread
2 <sup>nd</sup> Choice	sandwiches & salad	Jacket with Salad	Soup & crusty roll	Sandwiches & salad	Panini & salad
Desert 	Fresh fruit & cream	Rock buns	Gateau	Ice cream sundae	strudel & custard
2 <sup>nd</sup> Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit






# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Lunches from Different Cultures American Independence Day Lunch	Beef madras Curry & rice	Sausage & mash Vegetables & onion gravy	Fish cakes , Chips & peas	Chicken & savoury rice
Vegetables 		Cucumber Tomatoes Peppers Onion Lettuce	Carrots Peas Onion		Peas Cucumber Tomatoes Peppers Onion Lettuce
Carbohydrates 		Rice Potato	Potatoes Bread	Potato Bread	Rice Bread
2 <sup>nd</sup> Choice		Jacket & Salad	Soup and crusty roll	Beans on toast	Panini & salad
Desert 		Scones Jam & Cream	Flapjacks	Ice cream	Choc Cake & custard
2 <sup>nd</sup> Choice Desert 		Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit






# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course 	Macaroni cheese & salad	Corned beef pie , new potatoes & vegetables	Beef casserole with Mashed Potato & Vegetables	Chicken nuggets with Chips & sweetcorn	Homemade soup & Crusty rolls
Vegetables 	Cucumber Tomatoes Peppers Onion Lettuce	Green Beans Carrots Cucumber Tomatoes Peppers Onion Lettuce	Peas Sweetcorn Cucumber Tomatoes Peppers Onion Lettuce	Sweetcorn	Peppers Toms Cucumber
Carbohydrates 	Pasta Bread	Potato	Potato Bread	Potato Bread	Bread
2 <sup>nd</sup> Choice	Sandwiches & salad	Jacket & Salad	Sandwiches & salad	Soup & crusty rolls	Panini & Salad
Desert 	Marble cake & Custard	Apple pie & Ice cream	Cheesecake	cupcakes	Rock buns
2 <sup>nd</sup> Choice Desert 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit



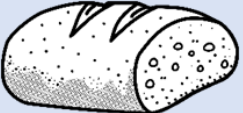


# Parkside House School Lunch Menu

Summer term 2 2017-18

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Pasta bake & salad	Chicken curry & rice	Mince & dumplings & mash & veg	Fish fingers Chips & peas	Homemade soup & Crusty rolls
<b>Vegetables</b> 	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce		Peas Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce
<b>Carbohydrates</b> 	Pasta Bread	Rice Potato	Potato Bread	Potato Bread	Bread
<b>2<sup>nd</sup> Choice</b>	Sandwiches & salad	Jackets & salad	Soup & crusty rolls	sandwiches & salad	Panini & Salad
<b>Desert</b> 	Fruit salad & cream	Crumble & custard	Chocolate trifle	Ice cream	Strudel & 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

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Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> 	Macaroni cheese with salad & Garlic bread	Beef curry & rice	Beef casserole ,mash & vegetables	Chicken nuggets Chips & sweetcorn	Homemade soup & Crusty rolls
<b>Vegetables</b> 	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce	Peppers Toms Cucumber	Cucumber Tomatoes Peppers Onion Lettuce	Cucumber Tomatoes Peppers Onion Lettuce
<b>Carbohydrates</b> 	Pasta Bread	Rice Potato	Potato Bread	Potato Bread	Bread
<b>2<sup>nd</sup> Choice</b>	sandwiches & salad	Jacket potato & Salad	Soup & Roll	sandwiches & salad	Sandwiches & Salad
<b>Desert</b> 	Scones, Jam & cream	Chocolate crispy cakes	Gateau	Iced cupcakes	Crumble & Custard
<b>2<sup>nd</sup> Choice Desert</b> 	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit	Yogurt or fruit

