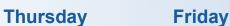
Parlaum Park Primary Academy Menu

Tuesday

Monday





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Main Meal Option one	Beef cottage pie served with carrots & peas (7,13)	Macaroni cheese & garlic bread served with broccoli and sweetcorn (V) (2,7)	Roast Chicken thighs roast Potato Gravy, Stuffing with cabbage& peas (2,13)	Cheese & tomato pizza served with mixed vegetables (V) (2,7)	Breaded Fish & chips with baked beans & sweetcorn (2,5)
Option two jacket potato	Quorn sausage & baked beans Served with carrots & peas (2,4,7)	Tuna mayonnaise served with broccoli and sweetcorn (4,5)	Cheese served with cabbage & peas (7)	Tuna mayonnaise served with mixed vegetables (4,5)	Baked beans and cheese served with sweetcorn (7)
Dessert	Chocolate mousse (7)	Lemon drizzle cake (2,4,7)	Vegetarian fruit jelly	Flapjack (2,7)	Ice cream (7)
Packed lunch option one*	Salmon & cucumber wrap (2,4,5,7)	Ham & cheese baguette (2,7)	Tuna mayonnaise baguette (2,4,5,7)	Chicken Mayonnaise wrap (2,4,7)	Bacon lettuce, tomato & mayonnaise baguette (2,4,7)
Packed lunch option two*	Cheese sandwich (2,7)	Egg mayonnaise wrap (2,4,7)	Cheese & cucumber baguette (2,7)	Egg mayonnaise & cress sandwich (2,4,7)	Cheese & onion baguette (2,7)

Wednesday

Water, Salad bar, fresh breads, yoghurts and fresh fruits are available every day! For more info visit: www.accentcatering.co.uk/food

Week 1 Menu commencing; 5th June, 26th June, 17th June

Menu

^{*}packed lunches are served with a choice of drink, fruit and biscuit (2,7)