

Parlaunt Park Primary Academy Menu

Week 3



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option one	Beef lasagne & garlic bread served with carrots & peas (2,7)	Quorn curry, rice & naan bread served with sweetcorn (2,4,7)	Roast gammon Roast potatoes, gravy, stuffing, broccoli & carrots (2,13)	Vegetable noodle stir fry (2,13)	Breaded fish & Chips served with peas & baked beans (2,5)
Option two Jacket Potato	Tuna mayonnaise served with carrots & peas (4,5)	Cheese served with sweetcorn (7)	BBQ Baked beans served with cauliflower (1,2,13,)	Tuna mayonnaise served with carrots (4,5)	Baked beans & cheese served with peas (7)
Dessert	Fruit platter & vanilla sauce (7)	Chilled chocolate & orange rice pudding (7)	Banana cake (2,4,7)	Summer oatly crumble (2,7)	Ice cream (7)
Packed lunch option one*	Ham & tomato baguette (2,7)	Tuna pasta (2,4,5)	Ham & cheese sandwich (2,7)	Tuna & sweetcorn mayonnaise (2,4,5,7)	Coronation chicken salad baguette (2,4,7)
Packed lunch option two*	Nut free pesto pasta (2,7)	Egg mayonnaise & cucumber (2,4,7)	Cheese (2,7)	Egg mayonnaise & tomato (2,5,7)	Cheese & onion (2,7)

Water, salad bar, fresh breads, yoghurts and fresh fruits are available every day! *packed lunches are served with a choice of drink, fruit and biscuit (2,7)

Week 3 Menu commencing: 19th June, 10th July