

Parlaunt Park Primary Academy Menu

Week 1



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option one	Breaded chicken burger in a bun with tomato salsa (2,4,7)	Spaghetti beef bolognese with garlic bread (2,7)	Roast chicken thighs roast potatoes, stuffing & gravy (2,13)	Pork sausage, bacon and tomato casserole with mash potato (7)	Breaded cod and chips (2,5,9)
Vegetarian Main Meal Option Two	Quorn burger in a bun with tomato salsa (2,4,7)	lentil and chickpea curry with rice and naan bread (2)	Chilli con quorn with rice (4)	Cheese and tomato pinwheel with new herby new potatoes (2,7)	Mascarpone and basil pasta with garlic bread (2,7)
Option Three Jacket Potatoes	Tuna with Mayonnaise (4,5)	Baked beans and cheese (7)	Tuna mayonnaise (4,5)	baked beans and Cheese (7)	pork hotdogs and baked beans (2,7)
Vegetables	Sliced carrots ... Baked beans	Sliced green beans ... Sweetcorn	Broccoli ... Cabbage	Carrots ... Cauliflower	Garden peas ... Baked beans
Dessert	Banana Bread (2,4,7)	Vanilla Cheesecake (2,7)	Crackers and cheese (2,7)	apple crumble and custard (2,7)	Ice cream (7)

Water, Salad bar, fresh breads, yoghurts and fresh fruits are available every day!

Week 1 Menu commencing 1.1.18, 22.1.18, 5.3.18

All Fish – MSC certified sustainable seafood, All red meat – Red Tractor Assured food standard

Parlaunt Park Primary Academy Menu

Week 2



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option one	Tuna and sweetcorn pasta bake (2,5,7)	Peperoni pizza (2,7)	Roast gammon Roast Potato Gravy Stuffing (2,13)	Chilli beef tacos and rice	Battered cod & chips (2,5)
Vegetarian Main Meal Option Two	Quorn "cottage pie" (4,7)	Cheese & tomato pizza (2,7)	Quorn roast, roast potato, gravy and stuffing (2,4,7,13)	Macaroni cheese with garlic bread. (2,7)	Quorn curry with rice and naan bread (2,4,7)
Jacket Potatoes Option Three	Baked beans and cheese (7)	Tuna mayonnaise (4,5)	baked beans and cheese (7)	Tuna mayonnaise (4,5)	Baked beans
Vegetables	Carrots ... Sliced green beans	Baked beans ... Peas	Sliced carrots ... Broccoli	Roasted vegetables ... Cauliflower	Peas ... Sweetcorn
Dessert	Eve's pudding & custard (2,4,7)	Sticky toffee pudding & cream (2,4,7)	Vegetarian fruit jelly	Lemon drizzle cake (2,4,7)	Chocolate mousse (7)

Water, salad bar, fresh breads, yoghurts and fresh fruits are available every day!

Week 2 Menu commencing: 8.1.18, 29.1.18, 26.2.18,

Parlaunt Park Primary Academy Menu

Week 3



Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal Option one	Chicken pie in a creamy sauce with new potatoes (2,7)	Lamb lasagne with garlic bread (2,7)	Roast pork Roast Potatoes Gravy & Stuffing (2,13)	Swedish style turkey meatballs with buttered mash potato (2,7)	Fish fingers & Chips (2,5)
Vegetarian Main Meal Option Two	Quorn pie in a creamy sauce with new potatoes (2,4,7)	Quorn sweet and sour with egg fried rice (4)	Mixed bean tagine with couscous (2)	Swedish style quorn balls with buttered mash potato (2,4,7)	Quorn sausage and chips (2,4,7)
Option Three Jacket Potato	Baked beans and cheese (7)	Quorn sausage and baked beans (2,4,7)	Tuna mayonnaise (4,5)	Baked Beans	Tuna mayonnaise (4,5)
Vegetables	Green beans ... Carrots	Mixed vegetables	Carrots ... Cabbage	Peas ... Green beans	Sweetcorn ... Baked beans
Dessert	Cheese & crackers (2,7)	Rice pudding with jam (7)	Carrot cake (2,4)	Chocolate sponge and chocolate custard (2,4,7)	Ice cream & Fruit (7)

Water, salad bar, fresh breads, yoghurts and fresh fruits are available every day!

Week 3 Menu commencing: 15.1.18, 5.2.18, 5.3.18