



PARK SCHOOL MENU



Monday	
Macaroni Cheese	Contains: Dairy & Gluten
Spinach & Mushroom Pasta	Contains: Dairy & Gluten
Served with fresh steamed Broccoli and Garlic bread	Garlic Bread Contains: Gluten
Pudding: Fresh Fruit Salad	
Tuesday	
Minced Beef Taco	Contains : Beef
Mixed Bean Taco	
Served with Tex-Mex Potato Wedges & Sweetcorn	Potato Wedges Contain Gluten
Pudding: Banana Mousse	Contains: Dairy
Wednesday	
Toad in the Hole	Contains: Pork, Dairy, Gluten, Sulphites, Soya and Eggs
Veggi Toad in the Hole	Contains: Dairy, Gluten & Eggs
Served with Mash Potato, Carrots & Green Beans	
Pudding: Home-made Apple Crumble & Custard	Contains: Dairy & Gluten
Thursday	
Chicken Korma	
Quorn Korma	Contains : Eggs
Served with Rice and Naan Bread	Contains: Dairy & Gluten in Naan
Pudding: Vanilla and White Chocolate Cheesecake	Contains: Dairy & Gluten
Friday	
Fish Fingers	Contains: Fish & Gluten (Gluten Free option available)
Veggi Fingers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 1 = Commencing 5th September	

Monday	
Chilli Con-Carne	Contains : Beef
Veggie Chilli Con-Carne	Contain: Egg & Wheat
Served with Rice and Sour Cream	Contains: Dairy in Sour Cream
Pudding: Jam Sponge with Custard	Contains: Gluten, Eggs, Sulphites & Dairy
Tuesday	
Hunters Chicken	Contains : Dairy & Eggs Non Dairy Option also available
Hunters Quorn	Contains : Dairy & Eggs
Served with New Potatoes & peas	
Pudding: Flapjack	Contain: Gluten & Sulphites
Wednesday	
Roast Pork	Pork
Stuffed Pepper	
Served with Roast Potatoes, fresh Carrots, Cauliflower & Gravy	
Pudding: Butterscotch Mousse	Contains: Dairy
Thursday	
Beef Meatballs	Contains: Beef, Dairy and Gluten
Veggie Meatballs	Contains: Gluten & Soya
Served in rich tomato sauce with Penne Pasta	Contains: Gluten
Pudding: Strawberry Jelly & Cream	Contains: Dairy & Gelatine
Friday	
Home-made Pepperoni Pizzas	Contains: Beef, Dairy, Soya and Gluten (Non Dairy option available)
Home-made Margherita Pizzas	Contains: Dairy, Soya & Gluten (Non Dairy option available)
Seved with chips and baked beans	
Pudding: Ice cream	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 2 = Commencing 12th September	

Monday	
Cottage Pie	Contains : Beef
Veggi Cottage Pie	Contain: Egg & Wheat
Served with fresh broccoli & gravy	
Pudding: Home Baked Chocolate Chip Cookies	Contains: Soya Dairy & Gluten
Tuesday	
Chicken Fajitas	Contains: Gluten
Mediterranean veggie Fajitas	Contains: Gluten
Seved with Paprika Wedges and Sweetcorn	Potato Wedges contain Gluten
Chocolate Sponge with Chocolate Sauce	Contains : Dairy & Eggs
Wednesday	
Butchers Pork Sausage	Contains: Sulphites, Soya & Pork
Veggie Sausage	Contains: Dairy & Gluten
Served with Mash Potato and baked beans	Contains: Dairy (Non Dairy option available)
Pudding: Trio of Melon	
Thursday	
Lasagne	Contains: Beef, Dairy & Gluten
Vegetable Lasagne	Contains: Dairy & Gluten
Served with Garlic Bread & Coleslaw	Bread contains Gluten & Coleslaw contains eggs
Raspberry Mousse	Contains:Dairy
Friday	
Chicken Burgers	Contains: Gluten, Milk and Egg
Veggie Burgers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 3 = Commencing 19th September	

PARK SCHOOL MENU

Monday	
Macaroni Cheese	Contains: Dairy & Gluten
Spinach & Mushroom Pasta	Contains: Dairy & Gluten
Served with fresh steamed Broccoli and Garlic bread	Garlic Bread Contains: Gluten
Pudding: Fresh Fruit Salad	
Tuesday	
Minced Beef Taco	Contains : Beef
Mixed Bean Taco	
Served with Tex-Mex Potato Wedges & Sweetcorn	Potato Wedges Contain Gluten
Pudding: Banana Mousse	Contains: Dairy
Wednesday	
Toad in the Hole	Contains: Pork, Dairy, Gluten, Sulphites, Soya and Eggs
Veggi Toad in the Hole	Contains: Dairy, Gluten & Eggs
Served with Mash Potato, Carrots & Green Beans	
Pudding: Home-made Apple Crumble & Custard	Contains: Dairy & Gluten
Thursday	
Chicken Korma	
Quorn Korma	Contains : Eggs
Served with Rice and Naan Bread	Contains: Dairy & Gluten in Naan
Pudding: Vanilla and White Chocolate Cheesecake	Contains: Dairy & Gluten
Friday	
Fish Fingers	Contains: Fish & Gluten (Gluten Free option available)
Veggi Fingers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 1 = Commencing 26th September	

Monday	
Chilli Con-Carne	Contains : Beef
Veggie Chilli Con-Carne	Contain: Egg & Wheat
Served with Rice and Sour Cream	Contains: Dairy in Sour Cream
Pudding: Jam Sponge with Custard	Contains: Gluten, Eggs, Sulphites & Dairy
Tuesday	
Hunters Chicken	Contains : Dairy & Eggs Non Dairy Option also available
Hunters Quorn	Contains : Dairy & Eggs
Served with New Potatoes & peas	
Pudding: Flapjack	Contain: Gluten & Sulphites
Wednesday	
Roast Pork	Pork
Stuffed Pepper	
Served with Roast Potatoes, fresh Carrots, Cauliflower & Gravy	
Pudding: Butterscotch Mousse	Contains: Dairy
Thursday	
Beef Meatballs	Contains: Beef, Dairy and Gluten
Veggie Meatballs	Contains: Gluten & Soya
Served in rich tomato sauce with Penne Pasta	Contains: Gluten
Pudding: Strawberry Jelly & Cream	Contains: Dairy & Gelatine
Friday	
Home-made Pepperoni Pizzas	Contains: Beef, Dairy, Soya and Gluten (Non Dairy option available)
Home-made Margherita Pizzas	Contains: Dairy, Soya & Gluten (Non Dairy option available)
Served with chips and baked beans	
Pudding: Ice cream	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 2 = Commencing 3rd October	

Monday	
Cottage Pie	Contains : Beef
Veggi Cottage Pie	Contain: Egg & Wheat
Served with fresh broccoli & gravy	
Pudding: Home Baked Chocolate Chip Cookies	Contains: Soya Dairy & Gluten
Tuesday	
Chicken Fajitas	Contains: Gluten
Mediterranean veggie Fajitas	Contains: Gluten
Served with Paprika Wedges and Sweetcorn	Potato Wedges contain Gluten
Chocolate Sponge with Chocolate Sauce	Contains : Dairy & Eggs
Wednesday	
Butchers Pork Sausage	Contains: Sulphites, Soya & Pork
Veggie Sausage	Contains: Dairy & Gluten
Served with Mash Potato and baked beans	Contains: Dairy (Non Dairy option available)
Pudding: Trio of Melon	
Thursday	
Lasagne	Contains: Beef, Dairy & Gluten
Vegetable Lasagne	Contains: Dairy & Gluten
Served with Garlic Bread & Coleslaw	Bread contains Gluten & Coleslaw contains eggs
Raspberry Mousse	Contains:Dairy
Friday	
Chicken Burgers	Contains: Gluten, Milk and Egg
Veggie Burgers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 3 = Commencing 10th October	



PARK SCHOOL

PARK SCHOOL MENU



PARK SCHOOL

Monday	
Macaroni Cheese	Contains: Dairy & Gluten
Spinach & Mushroom Pasta	Contains: Dairy & Gluten
Served with fresh steamed Broccoli and Garlic bread	Garlic Bread Contains: Gluten
Pudding: Fresh Fruit Salad	
Tuesday	
Minced Beef Taco	Contains : Beef
Mixed Bean Taco	
Served with Tex-Mex Potato Wedges & Sweetcorn	Potato Wedges Contain Gluten
Pudding: Banana Mousse	Contains:Dairy
Wednesday	
Toad in the Hole	Contains: Pork, Dairy, Gluten, Sulphites, Soya and Eggs
Veggi Toad in the Hole	Contains: Dairy, Gluten & Eggs
Served with Mash Potato, Carrots & Green Beans	
Pudding: Home-made Apple Crumble & Custard	Contains: Dairy & Gluten
Thursday	
Chicken Korma	
Quorn Korma	Contains : Eggs
Served with Rice and Naan Bread	Contains: Dairy & Gluten in Naan
Pudding: Vanilla and White Chocolate Cheesecake	Contains: Dairy & Gluten
Friday	
Fish Fingers	Contains: Fish & Gluten (Gluten Free option available)
Veggi Fingers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for	
Week 1 = Commencing 17th October	

Monday	
Chilli Con-Carne	Contains : Beef
Veggie Chilli Con-Carne	Contain: Egg & Wheat
Served with Rice and Sour Cream	Contains: Dairy in Sour Cream
Pudding: Jam Sponge with Custard	Contains: Gluten, Eggs, Sulphites & Dairy
Tuesday	
Hunters Chicken	Contains : Dairy & Eggs Non Dairy Option also available
Hunters Quorn	Contains : Dairy & Eggs
Served with New Potatoes & peas	
Pudding: Flapjack	Contain: Gluten & Sulphites
Wednesday	
Roast Pork	Pork
Stuffed Pepper	
Served with Roast Potatoes, fresh Carrots, Cauliflower & Gravy	
Pudding: Butterscotch Mousse	Contains: Dairy
Thursday	
Beef Meatballs	Contains: Beef, Dairy and Gluten
Veggie Meatballs	Contains: Gluten & Soya
Served in rich tomato sauce with Penne Pasta	Contains: Gluten
Pudding: Strawberry Jelly & Cream	Contains: Dairy & Gelatine
Friday	
Home-made Pepperoni Pizzas	Contains: Beef, Dairy, Soya and Gluten (Non Dairy option available)
Home-made Margherita Pizzas	Contains: Dairy, Soya & Gluten (Non Dairy option available)
Served with chips and baked beans	
Pudding: Ice cream	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 2 = Commencing 24th October	

Monday	
Cottage Pie	Contains : Beef
Veggi Cottage Pie	Contain: Egg & Wheat
Served with fresh broccoli & gravy	
Pudding: Home Baked Chocolate Chip Cookies	Contains: Soya Dairy & Gluten
Tuesday	
Chicken Fajitas	Contains: Gluten
Mediterranean veggie Fajitas	Contains: Gluten
Served with Paprika Wedges and Sweetcorn	Potato Wedges contain Gluten
Chocolate Sponge with Chocolate Sauce	Contains : Dairy & Eggs
Wednesday	
Butchers Pork Sausage	Contains: Sulphites, Soya & Pork
Veggie Sausage	Contains: Dairy & Gluten
Served with Mash Potato and baked beans	Contains: Dairy (Non Dairy option available)
Pudding: Trio of Melon	
Thursday	
Lasagne	Contains: Beef, Dairy & Gluten
Vegetable Lasagne	Contains: Dairy & Gluten
Served with Garlic Bread & Coleslaw	Bread contains Gluten & Coleslaw contains eggs
Raspberry Mousse	Contains:Dairy
Friday	
Chicken Burgers	Contains: Gluten, Milk and Egg
Veggie Burgers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 3 = Commencing 31st October	

PARK SCHOOL MENU

Monday	
Macaroni Cheese	Contains: Dairy & Gluten
Spinach & Mushroom Pasta	Contains: Dairy & Gluten
Served with fresh steamed Broccoli and Garlic bread	Garlic Bread Contains: Gluten
Pudding: Fresh Fruit Salad	
Tuesday	
Minced Beef Taco	Contains : Beef
Mixed Bean Taco	
Served with Tex-Mex Potato Wedges & Sweetcorn	Potato Wedges Contain Gluten
Pudding: Banana Mousse	Contains:Dairy
Wednesday	
Toad in the Hole	Contains: Pork, Dairy, Gluten, Sulphites, Soya and Eggs
Veggi Toad in the Hole	Contains: Dairy, Gluten & Eggs
Served with Mash Potato, Carrots & Green Beans	
Pudding: Home-made Apple Crumble & Custard	Contains: Dairy & Gluten
Thursday	
Chicken Korma	
Quorn Korma	Contains : Eggs
Served with Rice and Naan Bread	Contains: Dairy & Gluten in Naan
Pudding: Vanilla and White Chocolate Cheesecake	Contains: Dairy & Gluten
Friday	
Fish Fingers	Contains: Fish & Gluten (Gluten Free option available)
Veggi Fingers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 1 = Commencing 7th November	

Monday	
Chilli Con-Carne	Contains : Beef
Veggie Chilli Con-Carne	Contain: Egg & Wheat
Served with Rice and Sour Cream	Contains: Dairy in Sour Cream
Pudding: Jam Sponge with Custard	Contains: Gluten, Eggs, Sulphites & Dairy
Tuesday	
Hunters Chicken	Contains : Dairy & Eggs Non Dairy Option also available
Hunters Quorn	Contains : Dairy & Eggs
Served with New Potatoes & peas	
Pudding: Flapjack	Contain: Gluten & Sulphites
Wednesday	
Roast Pork	Pork
Stuffed Pepper	
Served with Roast Potatoes, fresh Carrots, Cauliflower & Gravy	
Pudding: Butterscotch Mousse	Contains: Dairy
Thursday	
Beef Meatballs	Contains: Beef, Dairy and Gluten
Veggie Meatballs	Contains: Gluten & Soya
Served in rich tomato sauce with Penne Pasta	Contains: Gluten
Pudding: Strawberry Jelly & Cream	Contains: Dairy & Gelatine
Friday	
Home-made Pepperoni Pizzas	Contains: Beef, Dairy, Soya and Gluten (Non Dairy option available)
Home-made Margherita Pizzas	Contains: Dairy, Soya & Gluten (Non Dairy option available)
Seved with chips and baked beans	
Pudding: Ice cream	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 2 = Commencing 14th November	

Monday	
Cottage Pie	Contains : Beef
Veggi Cottage Pie	Contain: Egg & Wheat
Served with fresh broccoli & gravy	
Pudding: Home Baked Chocolate Chip Cookies	Contains: Soya Dairy & Gluten
Tuesday	
Chicken Fajitas	Contains: Gluten
Mediterranean veggie Fajitas	Contains: Gluten
Seved with Paprika Wedges and Sweetcorn	Potato Wedges contain Gluten
Chocolate Sponge with Chocolate Sauce	Contains : Dairy & Eggs
Wednesday	
Butchers Pork Sausage	Contains: Sulphites, Soya & Pork
Veggie Sausage	Contains: Dairy & Gluten
Served with Mash Potato and baked beans	Contains: Dairy (Non Dairy option available)
Pudding: Trio of Melon	
Thursday	
Lasagne	Contains: Beef, Dairy & Gluten
Vegetable Lasagne	Contains: Dairy & Gluten
Served with Garlic Bread & Coleslaw	Bread contains Gluten & Coleslaw contains eggs
Raspberry Mousse	Contains:Dairy
Friday	
Chicken Burgers	Contains: Gluten, Milk and Egg
Veggie Burgers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 3 = Commencing 21st November	



PARK SCHOOL

PARK SCHOOL MENU



PARK SCHOOL

Monday	
Macaroni Cheese	Contains: Dairy & Gluten
Spinach & Mushroom Pasta	Contains: Dairy & Gluten
Served with fresh steamed Broccoli and Garlic bread	Garlic Bread Contains: Gluten
Pudding: Fresh Fruit Salad	
Tuesday	
Minced Beef Taco	Contains : Beef
Mixed Bean Taco	
Served with Tex-Mex Potato Wedges & Sweetcorn	Potato Wedges Contain Gluten
Pudding: Banana Mousse	Contains:Dairy
Wednesday	
Toad in the Hole	Contains: Pork, Dairy, Gluten, Sulphites, Soya and Eggs
Veggi Toad in the Hole	Contains: Dairy, Gluten & Eggs
Served with Mash Potato, Carrots & Green Beans	
Pudding: Home-made Apple Crumble & Custard	Contains: Dairy & Gluten
Thursday	
Chicken Korma	
Quorn Korma	Contains : Eggs
Served with Rice and Naan Bread	Contains: Dairy & Gluten in Naan
Pudding: Vanilla and White Chocolate Cheesecake	Contains: Dairy & Gluten
Friday	
Fish Fingers	Contains: Fish & Gluten (Gluten Free option available)
Veggi Fingers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available for puddings	
Week 1 = Commencing 28th November	

Monday	
Chilli Con-Carne	Contains : Beef
Veggie Chilli Con-Carne	Contain: Egg & Wheat
Served with Rice and Sour Cream	Contains: Dairy in Sour Cream
Pudding: Jam Sponge with Custard	Contains: Gluten, Eggs, Sulphites & Dairy
Tuesday	
Hunters Chicken	Contains : Dairy & Eggs Non Dairy Option also available
Hunters Quorn	Contains : Dairy & Eggs
Served with New Potatoes & peas	
Pudding: Flapjack	Contain: Gluten & Sulphites
Wednesday	
Roast Pork	Pork
Stuffed Pepper	
Served with Roast Potatoes, fresh Carrots, Cauliflower & Gravy	
Pudding: Butterscotch Mousse	Contains: Dairy
Thursday	
Beef Meatballs	Contains: Beef, Dairy and Gluten
Veggie Meatballs	Contains: Gluten & Soya
Served in rich tomato sauce with Penne Pasta	Contains: Gluten
Pudding: Strawberry Jelly & Cream	Contains: Dairy & Gelatine
Friday	
Home-made Pepperoni Pizzas	Contains: Beef, Dairy, Soya and Gluten (Non Dairy option available)
Home-made Margherita Pizzas	Contains: Dairy, Soya & Gluten (Non Dairy option available)
Seved with chips and baked beans	
Pudding: Ice cream	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 2 = Commencing 5th December	

Monday	
Cottage Pie	Contains : Beef
Veggi Cottage Pie	Contain: Egg & Wheat
Served with fresh broccoli & gravy	
Pudding: Home Baked Chocolate Chip Cookies	Contains: Soya Dairy & Gluten
Tuesday	
Chicken Fajitas	Contains: Gluten
Mediterranean veggie Fajitas	Contains: Gluten
Seved with Paprika Wedges and Sweetcorn	Potato Wedges contain Gluten
Chocolate Sponge with Chocolate Sauce	Contains : Dairy & Eggs
Wednesday	
Butchers Pork Sausage	Contains: Sulphites, Soya & Pork
Veggie Sausage	Contains: Dairy & Gluten
Served with Mash Potato and baked beans	Contains: Dairy (Non Dairy option available)
Pudding: Trio of Melon	
Thursday	
Lasagne	Contains: Beef, Dairy & Gluten
Vegetable Lasagne	Contains: Dairy & Gluten
Served with Garlic Bread & Coleslaw	Bread contains Gluten & Coleslaw contains eggs
Raspberry Mousse	Contains:Dairy
Friday	
Chicken Burgers	Contains: Gluten, Milk and Egg
Veggie Burgers	Contains: Gluten
Served with chips and peas	
Pudding: Fruit Yoghurt	Contains: Dairy
There will be an option of tomato pasta or jacket with beans or tuna, both have the option to be topped with cheese (Pasta contains Gluten and Cheese contains Dairy) Fruit option available	
Week 3 = Commencing 12th December	