



Park School Lunch Menu Lent 2026



Week 1					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Veggie Burgers, wedges & beans (G) (S)	Beef Lasagne (Halal Beef) (G) (MK) sweetcorn & garlic bread (May contain (MK) (S) (E))	Gammon Roast Dinner (Pork)	Chicken & Spinach Korma curry, rice & naan (Halal Chicken) (G)	Steamed Fish, parsley sauce, cubed potatoes, broccoli (F) (MK)
Babies	Homemade Sweet Potato Nuggets with broccoli & mash	Beef Lasagne, sweetcorn & garlic bread (Halal Beef) (G) (MK) (May contain E)	Chicken roast dinner, boiled potatoes & salt free gravy	Chicken & Spinach Korma curry, rice & naan (Halal Chicken) (G)	Steamed Fish & parsley sauce, mash, broccoli (F) (MK)
Vegetarian Course	Veggie Burgers, wedges & beans (G)	Soya Mince Lasagne, sweetcorn & garlic bread (G)	Quorn Roast Dinner (G)	Chickpea and Spinach curry, rice & naan	Veggie Fingers, cubed potatoes, broccoli & parsley sauce (G) (MK)
Alternative	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)
Dessert	Blueberry Muffin (G) (E) (MK) (May contain S)	Fruit Salad	Chocolate Brownie (G) (E)	Flapjack (G)	Fruit Yoghurt (MK)
Babies	Blueberry Muffin (G)	Fruit Salad	Banana Chia	Carrot and Raisin Bar (G)	Natural Yoghurt (MK)

Allergens. C = Celery E =Eggs G =Gluten P =Peanuts MO =Molluscs L = Lupin CR = Crustacean S =Soya M =Mustard SU =Sulphur TN =Tree Nut SE =Sesame MK =Milk F =Fish

Week 2					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Tagine, couscous & green beans (Halal Chicken) (G)	Margharita Pizza, chips & veggie sticks (G) (MK)	Chicken Tikka Masala Curry, rice (Halal Chicken) (SU) (MK)	Turkey Roast Dinner (G)	Beef Bolognese, (Halal Beef) (G) pasta, sweetcorn & garlic bread (May contain MK, S)
Babies	Chicken Tagine, couscous & green beans (Halal Chicken) (G)	Margharita Pizza, boiled Potato & veggie sticks (G) (MK)	Chicken Tikka Masala Curry, rice (Halal Chicken) (SU) (MK)	Turkey Roast Dinner, boiled potatoes & salt free gravy	Beef Bolognese, pasta, sweetcorn & garlic bread (G) (May contain Soya Milk)
Vegetarian Course	Veggie Tagine, couscous & green beans (G)	Margharita Pizza (with vegan cheese), chips & veggie sticks (S)	Vegetable Curry, rice (MK) (SU)	Quorn Fillet Roast Dinner (G)	Quorn Mince Bolognese, pasta, sweetcorn & garlic bread (G) (May contain Soya Milk)
Alternative	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)
Dessert	Fruit Mousse (MK)	Apple Crumble w/ custard (G) (MK)	Strawberry Cheesecake (G) (M)	Flapjack (GF)	Fruit Yoghurt (MK)
Babies	Greek Yoghurt / Banana (MK)	Date Oat Bar (G)	Raspberry Sponge (G)	Apple Puff (G)	Natural Yoghurt (MK)

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Week 3					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pork Sausage, (PORK) (S) (G) (SU) mash, peas & gravy	Fish Fingers, chips & beans (G) (F)	Beef Mince Chilli, rice & cucumber sticks (Halal Beef)	Chicken Pie, broccoli, carrots & crusty roll (Halal Chicken) (G)	Pasta with Pork Meatballs (PORK) & Green Beans, in a tomato sauce (G) (SU)
Babies	Pork Sausage, mash, peas & salt free gravy (S) (G) (SU)	Fish Fingers, mash & beans (G) (F)	Beef Mince Chilli, rice & cucumber sticks	Chicken Pie, broccoli, carrots & soft roll (G)	Pasta with Pork Meatballs (PORK) & Green Beans, in a tomato sauce (G) (SU)
Vegetarian Course	Vegan Sausage, mash, peas & gravy (S) (G)	Veggie Fingers, chips & beans (G)	Mixed Bean and Red Pepper Chilli, rice & cucumber sticks	Vegetable Pie, broccoli, carrots & crusty roll (G)	Pasta with Veggie balls & Green Beans, in a tomato sauce (G) (S)
Alternative	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)	Jacket potatoes with a choice of beans, cheese, or tuna. Tomato Pasta (G) (MK) (F)
Dessert	Trio of Melon	Brownie (G) (E)	Jam Sponge with Custard (G) (E) (MK) (S)	Flapjack (GF)	Fruit Yoghurt (MK)
Babies	Trio of Melon	Carrot and Raisin Bar (G)	Blueberry Muffin (G)	Raspberry Chia	Natural Yoghurt (MK)

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