



Park School Menu

WEEK	ONE		Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day		
School & Nursery	MONDAY	ALLERGENS	School & Nursery	TUESDAY	ALLERGENS	School & Nursery	WEDNESDAY	ALLERGENS	School & Nursery	THURSDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS
Main Course	Breaded Cod, Noisette Potato and Peas	G,F	Main Course	Spiced Chickpea & Falafel Wrap, Cous Cous and Cucumber Sticks	G,SE	Main Course	Roast Chicken, Roast Potato, Cauliflower Cheese & Broccoli	MK	Main Course	Sweet Potato Cottage Pie, Crusty Bread, Veg and Gravy	G	Main Course	Cheeseburger, Chips and Salad	G,MK	Main Course	Cheeseburger, Chips and Salad	G,MK
Nursery & Reception	Breaded Cod, Mash Potato and Peas	G,F	Nursery & Reception	Spiced Chickpea & Falafel Wrap, Cous Cous and Cucumber Sticks	G,SE	Nursery & Reception	Roast Chicken, Boiled Potato, Cauliflower Cheese & Broccoli	Mk	Nursery & Reception	Sweet Potato Cottage Pie, Soft roll, Veg and Gravy	G	Nursery & Reception	Potato, Broccoli & Chia Nuggets, Cheesy Mash Potato & Cucumber Sticks	MK	Nursery & Reception	Potato, Broccoli & Chia Nuggets, Cheesy Mash Potato & Cucumber Sticks	MK
Vegetarian Course	Vegetable Fingers, Noisette Potato & Peas	G,	Vegetarian Course			Vegetarian Course	Quorn Fillet, Roast Potato, Cauliflower Cheese & Broccoli	G, MK	Vegetarian Course	Vegan Sweet Potato Cottage Pie, Crusty Bread, Veg and Gravy	G	Vegetarian Course	Vegan Burger, Chips & Salad		Vegetarian Course	Vegan Burger, Chips & Salad	
Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese or Beans	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK
Dessert	Carrot & Raisin squares	G	Dessert	Flapjack		Dessert	Fruit Salad		Dessert	Apple Crumble & Custard	G	Dessert	Fruit Yoghurt	MK	Dessert	Fruit Yoghurt	MK
Babies	Carrot & Raisin squares	G	Babies	Date & Oat Bar	G	Babies	Fruit Salad		Babies	Apple Puff	G	Babies	Natural Yoghurt	MK	Babies	Natural Yoghurt	MK

WEEK	TWO		Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day		
School & Nursery	MONDAY	ALLERGENS	School & Nursery	TUESDAY	ALLERGENS	School & Nursery	WEDNESDAY	ALLERGENS	School & Nursery	THURSDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS
Main Course	Chicken Alfredo with Pasta & Green Beans	G,MK	Main Course	Salmon Fishcakes, Noisette Potato, Broccoli with a Tomato & Basil Sauce	G,F	Main Course	Roasted Root Vegetable Pie, Mash Potato and Gravy	G	Main Course	Chicken & Mixed Bean Casserole, with Crusty Bread and Carrots	G	Main Course	Chilli Con Carne, Rice, Tortilla Chips and Guacamole		Main Course	Chilli Con Carne, Rice, Tortilla Chips and Guacamole	
Nursery & Reception	Chicken Alfredo with Pasta & Green Beans	G,MK	Nursery & Reception	Salmon Fishcakes, Boiled potatoes & Broccoli with a Tomato & Basil sauce	G,M	Nursery & Reception	Roasted Root Vegetable Pie, Mash Potato and Gravy	G	Nursery & Reception	Chicken & Mixed Bean Casserole, with a soft roll and Carrots	G	Nursery & Reception	Chilli Con Carne, Rice, Cucumber sticks and Guacamole		Nursery & Reception	Chilli Con Carne, Rice, Cucumber sticks and Guacamole	
Vegetarian Course	Quorn Alfredo with Pasta & Green Beans	G	Vegetarian Course	Vegetable Fingers, Noisette Potato, Broccoli with a Tomato & Basil Sauce	G	Vegetarian Course			Vegetarian Course	Quorn & Mixed Bean Casserole with Crusty Braed and Carrots	G	Vegetarian Course	Vegan Chilli Con Carne, Rice, Tortilla Chips and Guacamole		Vegetarian Course	Vegan Chilli Con Carne, Rice, Tortilla Chips and Guacamole	
Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese and/or Beans	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK
Dessert	Blueberry Muffin	G,MK,E MC- S	Dessert	Fruit Yoghurt	MK	Dessert	Banana Bread	G	Dessert	Upside Down Pineapple Cake & Custard	G,MK	Dessert	Trio Of Melon		Dessert	Trio Of Melon	
Babies	Blueberry Muffin	G	Babies	Natural Yoghurt	MK	Babies	Banana Bread	G	Babies	Pineapple squares	G	Babies	Trio Of Melon		Babies	Trio Of Melon	

WEEK	THREE		Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day			Meat Free Day		
School & Nursery	MONDAY	ALLERGENS	School & Nursery	TUESDAY	ALLERGENS	School & Nursery	WEDNESDAY	ALLERGENS	School & Nursery	THURSDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS	School & Nursery	FRIDAY	ALLERGENS
Main Course	Beef Meatballs, Pasta & Broccoli with garlic bread	G	Main Course	Pork Sausage, Mash Potato, Peas and Gravy	G, SU,S	Main Course	Fish fingers, Chips and Beans	G,F	Main Course	Vegetable Lasagne, Garlic Bread and Salad	G,MK MC-E,M,S	Main Course	Chicken & Spinach Curry, Naan Bread, Onion Bhaji and Rice	G	Main Course	Chicken & Spinach Curry, Naan Bread, Onion Bhaji and Rice	G
Nursery & Reception	Homemade beef meatballs with Broccoli & Cauliflower Pasta Bake	G,MK	Nursery & Reception	Chicken, Mash, Peas and gravy.		Nursery & Reception	Fish fingers, Boiled Potato and Beans	G,F	Nursery & Reception	Vegetable Lasagne, Garlic Bread and Salad	G,MK MC-E,M,S	Nursery & Reception	Chicken & Spinach Curry with Naan Bread, Cucumber sticks and Rice	G	Nursery & Reception	Chicken & Spinach Curry with Naan Bread, Cucumber sticks and Rice	G
Vegetarian Course	Vegan Meatballs, Pasta and Broccoli with garlic bread	G	Vegetarian Course	Vegan Sausage, Mash Potato, Peas and Gravy	G	Vegetarian Course	Vegetable Fingers, Chips and Beans	G	Vegetarian Course	Vegan Lasagne, Garlic Bread and Salad		Vegetarian Course	Quorn & Spinach Curry, Naan Bread, Onion Bhaji and Rice	G	Vegetarian Course	Quorn & Spinach Curry, Naan Bread, Onion Bhaji and Rice	G
Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese and/or Beans	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK	Alternative	Tomato Pasta, Jacket potato with a Choice of Cheese, Beans or Tuna Mayo	G,F,MK
Dessert	Banana Bread	G	Dessert	Pineapple Slice		Dessert	Fruit Yoghurt	MK	Dessert	Flapjack		Dessert	Carrot & Raisin	G	Dessert	Carrot & Raisin	G
Babies	Banana Bread	G	Babies	Pineapple Slice		Babies	Natural Yoghurt	MK	Babies	Date & Oat Bar	G	Babies	Carrot & Raisin	G	Babies	Carrot & Raisin	G

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