



Park School Tea Menu Lent 2026



Week 1					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Selection Of Sandwiches Ham, Cheese, Turkey, Tuna Mayo G,MK,F, PORK	Vegan & Nutfree Pesto Pasta G	Beans On Toast G	Pizza Muffins G,MK	Mixed Bean & Rice Tacos (Tortilla Wrap for Babies) GK
Week 2					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumpets with Marmite and Cheese G, MK, C	Pitta Bread with Falafel, Chicken & Raita G,MK, S	Cheese Croissants G,MK M/C E, S,TN, SE	Tortilla Wraps, with Ham, Cheese and Hummus G,SE, MK, PORK	Tuna Pasta Bake G,F
Week 3					
School & Nursery	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Jacket Potato with Tuna Mayo, Cheese & Beans MK,F	Cheese Toastie G,MK	Plain Chicken, Rice & Mild Curry Sauce	Vegetable Risotto G	Selection Of Sandwiches Ham, Cheese, Turkey, Tuna Mayo G,MK,F, PORK
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					