

Parklands Term 3

LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Monday

Tuesday

Wednesday

Thursday

Friday

Hot Red

Homemade Roasted Chicken and Bacon Pasta Bake
Served with Fresh Mixed Salad

Homemade Mild Chilli Con Carne
Served with Steamed Rice and Green Beans

Chicken Burger
Served with Smiley Faces and Carrots

Homemade Beef Hotpot
Served with Seasonal Veg

Oven Baked Jumbo Fish Finger
Served with Oven Baked Fries & Baked Beans

Hot Green Vegetarian

Homemade Pizza Pinwheels
Served with Fresh Mixed Salad

Homemade Vegetarian Pasta Bolognaise
Served with Green Beans

Vegetarian Burger
Served with Smiley Faces and Carrots

Homemade Quorn Sausage Casserole
Served with Rice and Seasonal Veg

Homemade Cauliflower and Broccoli Bake
Served with Oven Baked Fries & Baked Beans

Sandwich Option

Fresh Baked Baguette with Chicken Goujon or Cheese
Selection from the Salad Bar

Freshly Made Roll with Ham or Cheese
Selection from the Salad Bar

Fresh Baked Baguette with Tuna or Egg Mayo
Selection from the Salad Bar

Freshly Made Roll with Chicken Goujon or Cheese
Selection from the Salad Bar

Fresh Baked Baguette with Chicken Mayo or Cheese
Selection from the Salad Bar

Dessert

Homemade Jelly
Fresh fruit
Yogurt

Homemade Pineapple Upside Down Cake
Fresh fruit
Yogurt

Homemade Sticky Toffee Pudding
Fresh fruit
Yogurt

Homemade Aussie Choc Crunch
Fresh fruit
Yoghurt

Ice-cream Pot
Fresh fruit
Yoghurt

Tasty

Nutritious

Delicious

Fresh

