

Parklands Term 4

LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



Monday

Tuesday

Wednesday

Thursday

Friday

Hot Red

Homemade Pasta Meatballs in a Tomato Sauce
Served with Baby Carrots and Garlic Bread

Homemade Steak Pie
Served with Mashed Potato and Seasonal Vegetables

All Day Breakfast
Served with Hash Brown and Baked Beans

Homemade Mild Chicken Enchilada
Served with Steamed Rice and Seasonal Vegetables

Oven Baked Jumbo Fish
Served with Herby Diced Potatoes & Peas

Hot Green Vegetarian

Homemade Oven Baked Gnocchi
Served with Baby Carrots and Garlic Bread

Homemade Frittata
Served with Seasonal Vegetables

Vegetarian All Day Breakfast
Served with Hash Brown and Baked Beans

Homemade Vegetarian Lasagne
Served with Seasonal Vegetables

Oven Baked Chicken Style Nuggets
Served with Herby Diced Potatoes & Peas

Sandwich Option

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

Fresh Wrap Filled with Chicken Goujon or Cheese Selection from the Salad Bar

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

Fresh Wrap Filled with Chicken Goujon or Cheese Selection from the Salad Bar

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

Dessert

Homemade Cookie
Fresh fruit
Yogurt

Homemade Cupcake
Fresh fruit
Yogurt

Homemade Fruit Crumble Slice
Fresh fruit
Yogurt

Homemade Chocolate Mousse with Diced Fruit
Fresh fruit
Yoghurt

Arctic Roll
Fresh fruit
Yoghurt

Tasty

Delicious

Nutritious

Fresh

