

Parklands Term 6 Dairy Free

# LUNCH MENU

EAT WELL - FEEL BETTER - LEARN MORE



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Hot Red**

Jacket Potato  
Topped with Tuna Mayo  
Served with Fresh Salad

Homemade Bacon and Vegan cheese Turnover  
Served with Hash Brown & Carrots

Oven cooked Chicken Burger  
Served with Potato Wedges & Sweetcorn

Homemade Spaghetti Bolognese  
Served with Garlic Bread & Green Beans

Fish Cakes  
Served with Oven Fries & Baked Beans

**Hot Green Vegetarian**

Jacket Potato  
Topped with Vegan Cheese  
Served with Fresh Salad

Homemade Vegan Cheese Turnover  
Served with Hash Brown & Carrots

McCain Vegetable Burger  
Served with Potato Wedges & Sweetcorn

Homemade Vegetarian Meatballs & Spaghetti  
Served with Garlic Bread & Green Beans

Chicken style Veggie Nuggets  
Served With Oven Fries & Baked Beans

**Sandwich Option**

Tortilla wraps with choice of Ham or Vegan Cheese  
Tortilla Chips & Fresh Salad

Tortilla Wrap with choice of SF Chicken or Vegan Cheese  
Hash Brown & Fresh Salad

Tortilla Wrap with choice of Tuna Mayo or Vegan Cheese  
Tortilla Chips & Fresh Salad

Tortilla wraps with choice of Turkey or Vegan Cheese  
Tortilla Chips & Green Beans

Tortilla Wrap with choice of Ham or Vegan Cheese  
Oven Fries & Sweetcorn

**Dessert**

Homemade Fruit Flapjack  
Fresh fruit  
Yogurt

Homemade Chocolate Brownie  
Fresh fruit  
Yogurt

Homemade Lemon Drizzle Cake  
Fresh fruit  
Yogurt

Homemade Raspberry Jelly & Diced Fruit  
Fresh fruit  
Yoghurt

Marshfield Plant based Ice-cream  
Fresh fruit  
Yoghurt

*Tasty*

*Nutritious*

*Delicious*

*Fresh*

