

# Park Community School

## Lunch Menu - Week 1 - 2017 - 2018

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic

	<u>The Big Spud</u> <u>Monday</u>	<u>Mexican Munch</u> <u>Tuesday</u>	<u>British Favourites</u> <u>Wednesday</u>	<u>Greek Gods</u> <u>Thursday</u>	<u>Weekly Catch</u> <u>Friday</u>
<u>Soup</u>	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.
<u>Main</u>	Big Spud with Pork and mixed bean chilli or Tuna, Carrot, sweetcorn and spring onion (DF)(GF)(O)	Spicy chicken fajita served with spicy mixed bean rice, salsa, guacamole and sour cream (O)	Cumberland Sausage with onions, Yorkshire Pudding and mash (O)	Lamb Meatballs in a tomato and oregano sauce on Barbaree bread. (DF)(O)	Coley and chive fishcakes with sweet chilli sauce. (DF)(O)
<u>Vegetarian</u>	Mixed Baked beans, coleslaw, mixed triple cheese. (V)(GF)	Spicy vegetable fajita with all the trimmings (V)(DF)(GF)	Bubble and Squeak Croquette (V)(GF)	Massive stuffed Tomatoes with Feta and mint. (V)(GF)	Courgette, mint and bean Patti. (V)(DF)(GF)
<u>Vegetable/ Salad</u>	N/A	Spicy roast vegetables	Seasonal Vegetables	Greek Salad	Curried Vegetables
<u>Carbohydrate</u>	Jacket Potatoes	Mexican five bean rice	Mashed Potatoes	N/A	Crispy French fries
<u>Dessert</u>	Chocolate Orange Brownie (V)	Lime and cocoa cheese cake (V)	Sticky Date and Toffee Pudding (V)	Minted Melon cooler (V)(DF)(GF)	Mango and passion fruit mousse (V)(GF)(O)

NEW - September 2017

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## Park Community School

### Lunch Menu - Week 2 - 2017 - 2018

Dietary (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic

	<u>All Day Breakfast Monday</u>	<u>Curry Club Tuesday</u>	<u>Weekly Roast Wednesday</u>	<u>Mommas Italian Thursday</u>	<u>Fantastic Fish Friday</u>
<u>Soup</u>	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.
<u>Main</u>	Park Sausages, Bacon, Beans, Tomatoes, Mushrooms, Eggs and Hash browns (DF)	Chicken Balti served with Indian accompaniments (DF)(GF)(O)	Roast Pork served with Yorkshire puddings and trimmings (DF)(O)	Classic beef lasagne served with mixed salad, garlic ciabatta (O)	Jumbo Panko Pollock Burger served with tarragon mayonnaise
<u>Vegetarian</u>	Quorn Sausages (V)(GF)	Bombay Aloo (V)(DF)(GF)	Sweet potato and goats cheese tart (V)(GF)	Triple cheese penne pasta bake (V)(O)	Individual roasted onion and cheddar quiche(V)
<u>Vegetable/ Salad</u>	Tomatoes and Mushrooms	N/A	Seasonal Vegetables	Choice of mixed salads	Crunchy mixed salad
<u>Carbohydrate</u>	Hash Browns	Naan Bread/Poppadum's and Pilau Rice	Roasted Thyme Potatoes	N/A	Seasoned Potato Wedges
<u>Dessert</u>	Eton Mess (V)(GF)	Vanilla Panna cotta (V)(GF)(O)	Mixed Berry and pear crumble (V)	Coffee and chocolate tiramisu (V)(O)	Lemon Posset and Shortbread (V)

## Park Community School

### Lunch Menu - Week 3 - 2017 - 2018

Dietary (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic

	<u>American Diner</u> <u>Monday</u>	<u>Moroccan</u> <u>Madness</u> <u>Tuesday</u>	<u>Viva le France</u> <u>Wednesday</u>	<u>China Town</u> <u>Thursday</u>	<u>School Chippy</u> <u>Friday</u>
<u>Soup</u>	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.	Soup of the day - Seasonal and changing daily.
<u>Main</u>	Classic American Cheese Burger served in a brioche bun	Moroccan Lamb and Apricot Tagine (DF)(GF)(O)	Chicken breast wrapped in bacon topped with cheese (GF)(O)	Bangkok Sweet and sour chicken served with egg fried rice. (DF)(O)	Lemonade Battered Coley Fillet with Tartare. (V)
<u>Vegetarian</u>	Beetroot and goats cheese burger with onion marmalade (V)(DF)	Bar Marked Halloumi with Roasted vegetables (V)(GF)	Provençale vegetable soufflé (V)(DF)(GF)(O)	Crispy Vegetable spring roll with Hoi sin sauce (V)(DF)	Pukka Puff Vegetable Pie and Gravy (V)(DF)
<u>Vegetable</u>	BBO Baked Bean	N/A	Mixed seasonal green vegetables	N/A	Mushy Marrowfat Peas
<u>Potatoes</u>	Sweet Potato Fries	Pomegranate Couscous/ Pitta	Dauphinoise Potatoes	Egg fried rice or Vegetable chow mein	Chunky Chips
<u>Dessert</u>	New York Blueberry Cheese cake (V)(GF)(O)	Carrot and honey cake with yoghurt (V)	Apple tart tain with Chantilly cream (V)(O)	Mixed fruit salad (V)	Triple Chocolate Mousse (V)(GF)(O)

## Park Community School

### Breakfast Menu - 2017 - 2018

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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Pastries</u>	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries
<u>Cereals and Porridge</u>	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.
<u>Hot Breakfast Sandwiches</u>	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin
<u>Hot Extras</u>	Baked hash American pancakes (v)	Baked hash American pancakes (V)	Baked hash American pancakes (V)	Baked hash American pancakes (V)	Baked hash American pancakes (V)
<u>Yoghurts and Fruit</u>	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads
<u>Smoothie</u>	Banana and Honey	Strawberry and Orange	Banana and Honey	Strawberry and Orange	Banana and Honey

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## TRAILER, SHACK OR GRAB - MENU - 2017 - 2018

Dietary (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b><u>HOT SNACKS</u></b>	<ul style="list-style-type: none"> <li>• Bacon Baguette</li> <li>• Bacon Cheese Panini</li> <li>• Cheese Panini</li> <li>• Pizza</li> <li>• <b>Daily special</b></li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Baguette</li> <li>• Bacon Cheese Panini</li> <li>• Cheese Panini</li> <li>• Pizza</li> <li>• <b>Daily special</b></li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Baguette</li> <li>• Bacon Cheese Panini</li> <li>• Cheese Panini</li> <li>• Pizza</li> <li>• <b>Daily special</b></li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Baguette</li> <li>• Bacon Cheese Panini</li> <li>• Cheese Panini</li> <li>• Pizza</li> <li>• <b>Daily special</b></li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Baguette</li> <li>• Bacon Cheese Panini</li> <li>• Cheese Panini</li> <li>• Pizza</li> <li>• <b>Daily special</b></li> </ul>
<b><u>PERFECT PASTA</u></b>	<ul style="list-style-type: none"> <li>• Tomato and Ham</li> <li>• Cheese and Chive</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Ball</li> <li>• Roasted Veg</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and Mushroom</li> <li>• Tomato and Basil</li> </ul>	<ul style="list-style-type: none"> <li>• Ham and Cheese</li> <li>• Spicy Tomato</li> </ul>	<ul style="list-style-type: none"> <li>• Chorizo and Tomato</li> <li>• Triple cheese</li> </ul>
<b><u>SANDWICHES</u></b>	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and



## Park Community School

### Light Snacks Menu – Sandwiches from Street Eats

#### Breads

- White sliced bread
- Brown sliced bread
- Granary sliced bread
- Gluten – Free Bread Sliced and rolls
- White/Granary baguette
- Ciabatta
- Panini
- Tortilla Wraps

#### Fillings

All sandwiches can be served with salad, tomato, cucumber, onion, carrot, beetroot, piccalilli, red onion chutney, Branston pickle, English Mustard, Wholegrain Mustard.

We run sandwiches on a rota offering four filling daily with extras in some.





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- Plain cheddar
- Plain ham
- Tuna plain
- Tuna sweetcorn and carrot mayonnaise
- Chicken plain
- Chicken and bacon
- Coronation Chicken
- Chicken and stuffing
- Egg plain
- Egg mayonnaise and cress

## Dietary/ Nutrition and Allergies

Whenever possible we endeavour to meet all nutritional and dietary requirements of our customers.

We stock a large array of gluten free and dairy free products which are available on request for all.

Our chefs are always available to assist if a student or parent requires further information or an alternative meal on the day.

