WHAT'S ON THE MENU TODAY?

MEAT FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK

AVAILABLE DAILY

VEGETARIAN

OPTION OF

CHOICE 1



Tomato Tortilla Stack (V) served with Potato Wedges & Seasonal Vegetables



Oven Baked Sausage Roll, **Mashed Potato served with Baked Beans or Seasonal Vegetables**



Roast Gammon Lunch served Roast/Mashed Potatoes. Seasonal Vegetables & Gravy



Pasta Bolognese served with Crusty Bread & Seasonal Vegetables



2 Slices of Thin & Crispy Cheese & Tomato Pizza (V), served with **Baked Beans, Seasonal Vegetables** or Coleslaw



JACKET POTATO WITH A SELECTION OF FILLINGS SERVED WITH A SIDE SALAD



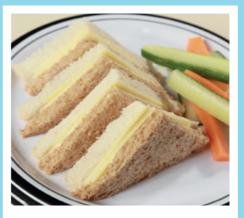
Deli Choice of Breads with a Selection of Fillings served with a Side Salad



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FRESHLY MADE SALAD

FRESH BREAD

FRUIT YOGHURT

FRESH FRUIT

Parklands Community Primary and Nursery

CHILLED WATER



Caramel Crispy Bar



Golden Crunch Biscuit



Chocolate Crispy Cake



Apple & Grape Pot



Ginger Biscuit

WHAT'S ON THE MENU TODAY?

MEAT FREE MONDAY

WEDNESDAY

SUGAR FREE THURSDAY

FRIDAY



AVAILABLE DAILY

VEGETARIAN



JACKET POTATO WITH A SELECTION OF FILLINGS SERVED

OPTION OF CHOICE 1



WITH A SIDE SALAD



FRESH BREAD

FRUIT YOGHURT

FRESH FRUIT

Parklands Community Primary and Nursery

CHILLED WATER



2 Slices of Margherita Pizza (V) served with Baked Beans. **Seasonal Vegetables or Coleslaw**





Beef Burger in a Bun, Hash Brown served with Baked Beans or Seasonal Vegetables



Mild Chicken Curry served with Rice. Naan Bread & **Seasonal Vegetables**



3 Cheese & Tomato Pasta (V) served with Crusty Bread & **Seasonal Vegetables**



Baked Beans or Peas



Deli Choice of Breads with a Selection of Fillings served with a Side Salad



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Vanilla Ice Cream & Fruit



Fruit Jelly



Iced Wacky Chocolate Cake



Watermelon Wedge



Snicker Doodle Biscuit

WHAT'S ON THE MENU TODAY?

MEAT FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

MEAT FREE FRIDAY

WEEK3

AVAILABLE DAILY

VEGETARIAN OPTION OF CHOICE 1







FRESH BREAD

FRUIT YOGHURT

FRESH FRUIT

Parklands Community Primary and Nursery

CHILLED WATER



2 Slices of Thin & Crispy Cheese & Tomato Pizza (V), served with Baked Beans, Seasonal Vegetables or Coleslaw



Sausages served with **Mashed Potato. Gravy** & Seasonal Vegetables



Roast Chicken Lunch served Roast/Mashed Potatoes. **Seasonal Vegetables & Gravy**



Spaghetti Bolognese served with Seasonal Vegetables



Cod Fish Fingers served with Chips. **Baked Beans or Peas**



Deli Choice of Breads with a Selection of Fillings served with a Side Salad



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Deli Choice of Breads with a Selection of Fillings served with a Side Salad





Butterscotch Biscuit



Chocolate Muffin



Cheese & Crackers



Rice Crispy Cookie