



Fresh Ideas Feeding Minds

The Parkside School

Lunch Menu

	Main Option	Packed Lunch Option	Dessert
MONDAY	Margherita Pizza with Pasta Salad Or (v) Vegemince Curry with Steamed Rice served with Sweetcorn	Ham or Cheese Sandwich, Carrot Sticks, Sultanas, Fresh Fruit and Dessert	Lemon Cupcake
TUESDAY	Beef Burger in a Roll Or (v) Veggie Burger in a Roll served with Potato Wedges, BBQ Dip and Salad Sticks	Ham or Cheese Sandwich, Cucumber Sticks, Sultanas, Fresh Fruit and Dessert	Jelly with Fruit
WEDNESDAY	Chipolata Sausages Or (v) Vegetarian Sausage served with Mashed Potatoes, Broccoli, Carrots and Gravy	Cheese or Tuna Mayo Sandwich, Carrot Sticks, Cheese Scone and Dessert	Cocoa Oaty Biscuit with a Melon Wedge
THURSDAY	Mild Teriyaki Chicken with Rice Or (v) Cheesy Pasta served with Mixed Vegetables	Egg Mayo or Cheese Sandwich, Cucumber Sticks, Sultanas, Fresh Fruit and Dessert	Ice Cream Tub
FRIDAY	Breaded Fish Or (v) Vegetable Flan served with Chips, Peas or Baked Beans	Cheese or Ham Wrap, Carrot Sticks, Sultanas, Fresh Fruit and Dessert	Swiss Bun

Fresh fruit available daily.

