

WEEK ONE

PARKLANDS PRIMARY - FROM JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger in a Bun with Jacket Wedges and Tomato Sauce	Beef Spaghetti Bolognese with Homemade Garlic Bread	Bacon Loin with Stuffing, New Potatoes and Gravy	Chicken & Sweetcorn Pie with Mashed Potatoes	Fish Fingers with Chips and Tomato Sauce
(v) Quorn Burger in a Bun with Jacket Wedges and Tomato Sauce	(v) Macaroni Cheese with Homemade Garlic Bread	(v) Quorn Roast with Stuffing, New Potatoes and Gravy	(v) Cheese Flan with Jacket Wedges and Tomato Sauce	(v) Tortilla Layer with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Tuna Wrap	(v) Cheese Sandwich	Hot Roast Baguette of the Day	Ham Sandwich	(v) Cheese & Tomato Sandwich
Peas & Sweetcorn	Green Beans & Carrots	Cabbage & Mixed Vegetables	Broccoli & Sweetcorn	Peas & Baked Beans
(v) Jam Shortbread with Custard	(v) Fruit Sponge with Toffee Sauce	(v) Treacle Syrup Sponge with Custard	(v) Pears with Ice Cream and Chocolate Sauce	(v) Chocolate Muffin
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



Seasonal salad selection, bread and drinking water will be available daily



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon and Tomato Pasta	Sausages with Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Beef Chilli Con Carne with Wholegrain Rice	Fish with Chips and Tomato Sauce
(v) Homemade Cheese & Tomato Pizza with Half Jacket Potato	(v) Quorn Sausage with Mashed Potatoes and Gravy	(v) Quorn Roast with Stuffing, Roast Potatoes and Gravy	(v) Cool Mexican Bean Wrap with Wholegrain Rice	(v) Bean Bake with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Tuna and Sweetcorn Sandwich	Ham Sandwich	Hot Roast Baguette of the Day	(v) Cheese Sandwich	Fish Finger Wrap
Carrots & Sweetcorn	Cauliflower & Green Beans	Peas & Carrots	Green Beans & Sweetcorn	Peas & Baked Beans
(v) Chocolate Pinwheel Shortbread with Chocolate sauce	Cornflake Tart with Custard	(v) Jelly with Mandarins	(v) Marble Cake with Custard	(v) Chocolate Oaty Bites with Apple Wedges
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salmon Sub Melt with Half Jacket Potato	Beef Meatballs in Tomato Sauce with Wholegrain Rice	Roast Chicken with Yorkshire Pudding, New Potatoes and Gravy	Beef Lasagne with Homemade Garlic Bread Tuna Pasta Bake	Fish Fingers with Chips and Tomato Sauce
(v) Homemade Cheese & Tomato Pizza with Half Jacket Potato	(v) Beandillas with Savoury Rice	(v) Quorn Roast with Yorkshire Pudding, New Potatoes and Gravy	(v) Roasted Vegetable Lasagne with Homemade Garlic Bread	(v) Bean Bake with Chips and Tomato Sauce
Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo	Jacket Potato with (v) Cheese, (v) Baked Beans or Tuna Mayo
Tuna and Sweetcorn Wrap	(v) Cheese Sandwich	Hot Roast Baguette of the Day	Tuna Mayo Sandwich	Ham Sandwich
Baked Beans & Sweetcorn	Broccoli & Carrots	Cauliflower & Green Beans	Mixed Vegetables & Peas	Peas & Baked Beans
(v) Ginger Shortbread with Milk	(v) Iced Carrot Cake and Orange Wedge	(v) Flapjack Finger with Ice Cream	(v) Jelly with Peaches	(v) Chocolate Fudge Cake
Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt	Fresh Fruit/Yoghurt



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