

PARK ROAD COMMUNITY PRIMARY MEALS - FROM SEPTEMBER 2020

*Vegetarian alternatives available, fresh fruit, Soreen, cheese and crackers or yoghurt available as a dessert. Fresh milk or water, unlimited salad available

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot dinners served in the dining hall (on 3 weekly cycle)	Week 1	*Sausage, mash and gravy, seasonal vegetables Or Filled jacket potato Or Vegetarian sausage Vanilla ice cream	*Roast turkey, roast and creamed potatoes, stuffing, carrots, broccoli and gravy Or Filled jacket potato Fresh fruit salad	*Spaghetti Bolognese, garlic bread Fresh Broccoli Or Filled jacket potato Or Vegetarian bolognaise Fruit crumble	Cooks choice chicken korma curry and rice Peas Or Filled jacket potato Or Vegetarian curry Homemade cake	*Battered fish, chipped potatoes peas or beans Or Filled jacket potato Homemade biscuit
	Week 2 STARTING W/C 7/9/2020	Homemade pizza, Wedged potatoes Sweetcorn and salad Or Filled jacket potato Vanilla ice cream	*Roast turkey roast and creamed potatoes, stuffing, carrots, broccoli and gravy Or Filled jacket potato Fresh fruit salad	*Beef burger in a bun, salad, coleslaw sweetcorn Or Quorn burger Or Filled jacket potato Fruit crumble	*Seasoned chicken, potato waffle and baked beans Or Filled jacket potato Or Quorn fillet Homemade cake	*Battered fish, chipped potatoes, peas or beans Or Filled jacket potato Homemade biscuit
	Week 3	*Cooks choice tomato/mascarpone pasta bake Fresh broccoli Or Filled jacket potato Vanilla ice cream	*Roast gammon, roast and creamed potatoes, stuffing, carrots, broccoli and gravy Or Filled jacket potato Fresh fruit salad	*chicken poppers/diced potatoes with Baked beans/veg or Filled jacket potato Fruit crumble	Cooks choice *Homemade chicken Korma curry and rice Or Filled jacket potato Homemade cake	*Fish finger, chipped potatoes peas or beans Or Filled jacket potato Homemade biscuit
Packed Lunches Option (only when hot dinner is not on offer)		Sandwich of choice, either meat, tuna or cheese Piece of fruit i.e. apple, tangerine, banana Carrot and Cucumber sticks Juice carton Desserts: Monday- Biscuits, Tuesday-Jam Doughnut, Wednesday-Cake or Muffin, Thursday-Biscuits, Friday - Ice Cream Tub and popcorn				