

# PARK COMMUNITY ACADEMY LUNCH MENU ~~ JANUARY 2024 – MARCH 2024

	<b>MONDAY</b> <i>MEAT FREE DAY</i>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Week 1:</b> 6/11/23 27/11/23 18/12/23 8/1/24 29/1/24 19/2/24 11/3/24	Tomato & Herb Pasta Bake with crusty wholemeal bread Or Cheese & Potato Pie ~ Served with Sweetcorn Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Fruit Sponge & Custard ~ Juice	Roast Chicken Or Roast Quorn Fillet ~ Served with Yorkshire Pudding, Gravy, Carrots, Peas & Mashed Potato Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Ginger Cake ~ Water	Sausage, Hash Brown & Omelette Or Vegetarian Sausage, Hash Brown & Omelette ~ Served with Baked Beans Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Raspberry Bun ~ Juice	Barbeque Chicken Or Spicy Meatless Balls in Tomato Sauce ~ Served with Wholemeal Rice & Sweetcorn Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Chocolate Shortbread Biscuit ~ Water	Crispy Battered Fillet of Fish Or Birds Eye Vegetable Fingers ~ Served with Chips & Baked Beans Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Strawberry Mouse ~ Juice
<b>Week 2:</b> 13/11/23 4/12/23 25/12/23 15/1/24 5/2/24 26/2/24 18/3/24	Macaroni Cheese with wholemeal bread Or Vegetarian Chilli Con Carne with wholegrain rice ~ Served with Peas Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Iced Sponge Cake ~ Juice	Roast Beef Or Vegetarian Sausage ~ Served with Yorkshire Pudding, Gravy, Carrots, Peas & Mashed Potato Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Rice Pudding ~ Water	Chicken & Ham Pie Or Cheese & Onion Roll ~ Served with Baked Beans & Mashed Potato Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Oat & Cherry Cookie ~ Juice	Pork Meatballs in Tomato & Herb Sauce Or Vegetarian Meatballs ~ Served with Sweetcorn & Wholegrain Pasta Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Shortbread Biscuit ~ Water	Crispy Coated Fishcake & Chips Or Margareta Pizza & Chips ~ Served with Baked Beans Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Chocolate Brownie ~ Juice
<b>Week 3:</b> 30/10/23 20/11/23 11/12/23 1/1/24 22/1/24 12/2/23 4/3/24 25/3/24	Pasta Bake in Tomato Sauce with crusty wholemeal bread Or Vegetarian Cottage Pie ~ Served with Seasonal Mixed Veg Or Cheese or Ham Soft Roll ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Chocolate Mouse ~ Blackcurrant Cordial	Roast Chicken & Gravy Or Vegetarian Sausage Roll ~ Served with Peas, Carrots & Mash Potato Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Jam sponge & Custard ~ Water	Beef Burger in a Bun Or Crispy Veggie Burger in a Bun ~ Served with Baked Beans & Herby Diced Potato Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Crumble & Custard ~ Orange Cordial	Chicken Curry & Naan bread, Mixed Veg Wholemeal Rice Or Cheese & Tomato Pasta Bake ~ Served with Peas & Sweetcorn Or Cheese or Ham Sandwich ~ Jacket Potato & Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Chocolate Sponge Cake ~ Water	Crispy Coated Fish Fingers Or Golden Veggie Crispy Nuggets ~ Served with Baked Beans or Peas & Chips Or Cheese or Ham Sandwich ~ Jacket Potato & Cheese <i>order direct with kitchen by 9:30am</i> ~ Artic Roll ~ Blackcurrant Cordial