

DAIRY FREE ~ PARK COMMUNITY ACADEMY LUNCH MENU ~ ~ APRIL - SEPTEMBER 2024

	MONDAY <small>MEAT FREE DAY</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1: 01.04.24 22.04.24 13.05.24 03.06.24 24.06.24 15.07.24 05.08.24 26.08.24(hols) 16.09.24 07.10.24	Veggie Meatballs, tomato sauce & Pasta Or Veggie Roll & Boiled Potato ~ Served with Peas Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Yogurt ~ Water	Roast Pork & Gravy Or Roast Quorn Fillet ~ Served with Carrots, Peas & Boiled Potato Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Sponge ~ Cordial	Sausage Or Vegetarian Sausage ~ Served with Seasoned Wedges & Baked Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Cookie ~ Water	Meatless Balls in Tomato Sauce ~ Served with Rice, Naan bread & Peas Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Jelly ~ Cordial	Crispy Battered Fish Or Birds Eye Vegetable Fingers ~ Served with Chips & Baked Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Shortbread ~ Water
Week 2: 08.04.24(hols) 29.04.24 20.05.24 10.06.24 01.07.24 22.07.24(hols) 12.08.24(hols) 02.09.24 23.09.24	Pasta & tomato sauce with wholemeal bread Served with Sweetcorn Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Yogurt ~ Water	Roast Chicken Dinner Or Crispy Vegetable fingers ~ Served with Carrots, Peas, Gravy & Boiled Potato Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Muffin ~ Cordial	Beef Burger in a Bun Or Veggie Burger in a Bun ~ Served with Seasoned Wedges & Baked Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Shortbread Biscuit ~ Water	Pasta Bolognese with Crusty Wholemeal Bread Or Vegetarian Meatballs & Pasta ~ Served with Peas Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Yogurt ~ Cordial	Crispy Seaside Salmon Fillet Served with Chips & Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Biscuit ~ Water
Week 3: 15.04.24 06.05.24 27.05.24(hols) 17.06.24 08.07.24 29.07.24(hols) 19.08.24(hols) 09.09.24 30.09.24	Vegetarian Meatball Sub Served with Boiled Potato & Sweetcorn Or Ham Soft Roll Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Yogurt ~ Water	Savoury Mince & Gravy Or Vegetarian Sausage & Boiled Potato ~ Served with Carrot & Swede Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Biscuit ~ Cordial	Crispy Veggie Burger in a Bun Served with Seasoned Wedges & Baked Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Cookie ~ Water	BBQ Chicken with Rice Or Tomato Pasta ~ Served with Peas Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ D/F Lemon Biscuits ~ Cordial	Crispy Battered Fish Or Golden Veggie Crispy Nuggets ~ Served with Chips & Baked Beans Or Ham Sandwich Or Jacket Potato with Baked Beans <i>order direct with kitchen by 9:30am</i> ~ Raspberry Bun ~ Water