DAIRY FREE ~ PARK COMMUNITY ACADEMY LUNCH MENU ~~ APRIL - SEPTEMBER 2024					
	MONDAY MEAT FREE DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1:	Veggie Meatballs,	Roast Pork & Gravy	Sausage	Meatless Balls in Tomato Sauce	Crispy Battered Fish
01.04.24	tomato sauce & Pasta	Or	Or	~	Or
22.04.24	Or	Roast Quorn Fillet	Vegetarian Sausage	Served with Rice, Naan bread	Birds Eye Vegetable Fingers
13.05.24	Veggie Roll & Boiled Potato	~	~	& Peas	
03.06.24	~ Served with Peas	Served with Carrots, Peas	Served with Seasoned Wedges &	Or Llam Candwich	Served with Chips & Baked Beans Or
24.06.24	Or	& Boiled Potato Or	Baked Beans Or	Ham Sandwich Or	Ham Sandwich
15.07.24	Ham Sandwich	Ham Sandwich	Ham Sandwich	Jacket Potato with Baked Beans	Or
05.08.24	Or	Or	Or	order direct with kitchen by 9:30am	Jacket Potato with Baked Beans
26.08.24(hols)	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	~	order direct with kitchen by 9:30am
16.09.24	order direct with kitchen by 9:30am	order direct with kitchen by 9:30am	order direct with kitchen by 9:30am	Jelly	~
07.10.24	~	~	\sim	~	D/F Shortbread
0,120121	D/F Yogurt	D/F Sponge	D/F Cookie	Cordial	~
	~		~		Water
	Water	Cordial	Water	De sta Dala su aca with Cousta	Colores Conside Colores Fillet
Week 2:	Pasta & tomato sauce with wholemeal bread	Roast Chicken Dinner	Beef Burger in a Bun Or	Pasta Bolognese with Crusty Wholemeal Bread	Crispy Seaside Salmon Fillet Served with Chips & Beans
08.04.24(hols)	Served with Sweetcorn	Or Crispy Vegetable fingers	Veggie Burger in a Bun	Or	Or
29.04.24	Or			Vegetarian Meatballs & Pasta	Ham Sandwich
20.05.24	Ham Sandwich	Served with Carrots, Peas, Gravy	Served with Seasoned Wedges &		Or
10.06.24	Or	& Boiled Potato	Baked Beans	Served with Peas	Jacket Potato with Baked Beans
01.07.24	Jacket Potato with Baked Beans	Or	Or	Or	order direct with kitchen by 9:30am
22.07.24(hols)	order direct with kitchen by 9:30am	Ham Sandwich	Ham Sandwich	Ham Sandwich	~
12.08.24(hols)	~	Or	Or	Or	D/F Biscuit
02.09.24	D/F Yogurt	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans	~
23.09.24	~	order direct with kitchen by 9:30am	order direct with kitchen by 9:30am	order direct with kitchen by 9:30am	Water
	Water	D/F Muffin	D/F Shortbread Biscuit	~ D/E Voqurt	
		D/F Munin	D/F SHOLDIEdu DISCUL	D/F Yogurt	
		Cordial	Water	Cordial	
Week 3:	Vegetarian Meatball Sub	Savoury Mince & Gravy	Crispy Veggie Burger in a Bun	BBQ Chicken with Rice	Crispy Battered Fish
15.04.24	Served with Boiled Potato	Or	Served with Seasoned Wedges &	Or	Or
06.05.24	& Sweetcorn	Vegetarian Sausage	Baked Beans	Tomato Pasta	Golden Veggie Crispy Nuggets
27.05.24(hols)	Or	& Boiled Potato	Or	~	~ ~
	Ham Soft Roll	\sim	Ham Sandwich	Served with Peas	Served with Chips & Baked Beans
17.06.24	Or	Served with Carrot & Swede	Or	Or	Ör
08.07.24	Jacket Potato with Baked Beans	Or	Jacket Potato with Baked Beans	Ham Sandwich	Ham Sandwich
29.07.24(hols)	order direct with kitchen by 9:30am	Ham Sandwich	order direct with kitchen by 9:30am	Or	Or
19.08.24(hols)	~ D/F Yogurt	Or	~ D/F Cookie	Jacket Potato with Baked Beans	Jacket Potato with Baked Beans
09.09.24	D/F fogurt	Jacket Potato with Baked Beans		order direct with kitchen by 9:30am	order direct with kitchen by 9:30am
30.09.24	Water	order direct with kitchen by 9:30am	Water	D/F Lemon Biscuits	Raspberry Bun
	Watch	D/F Biscuit	Water		
		~		Cordial	Water
		Cordial			