## WHAT'S ON THE MENU TODAY?

### MEAT FREE MONDAY

#### **TUESDAY**

#### **WEDNESDAY**

### **THURSDAY**

### **FRIDAY**

## WEEK

**AVAILABLE DAILY** 

**OPTION OF** 

**VEGETARIAN** 



Tomato Tortilla Stack (V) served with Potato Wedges & **Seasonal Vegetables** 



Oven Baked Sausage Roll, Mashed Potato served with **Baked Beans or Seasonal Vegetables** 



**Roast Gammon Lunch served** Roast/Mashed Potatoes. Seasonal Vegetables & Gravy

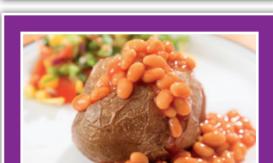


Pasta Bolognese served with Crusty Bread & Seasonal Vegetables



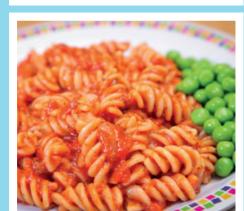
2 Slices of Thin & Crispy Cheese & Tomato Pizza (V), served with **Baked Beans, Seasonal Vegetables** or Coleslaw





WITH A SIDE SALAD

**JACKET POTATO** WITH A SELECTION **OF FILLINGS SERVED** WITH A SIDE SALAD



**Tomato & Basil Pasta** 



**Hot Ham & Cheese Wrap** 



Cheese & Tomato Pasta (V) served with Crusty Bread & **Seasonal Vegetables** 



Cheese & Bean Quesadilla (V) served with Potato Wedges & Seasonal Vegetables



**Tomato Pasta served** with Crusty Bread



**Caramel Crispy Bar** 



**Golden Crunch Biscuit** 



**Chocolate Crispy Cake** 



**Apple & Grape Pot** 



**Ginger Biscuit** 

**FRESHLY MADE SALAD FRESH BREAD** FRUIT YOGHURT **FRESH FRUIT CHILLED WATER** 

Parklands Community Primary and Nursery



## WHAT'S ON THE MENU TODAY?

### MEAT FREE MONDAY

#### **TUESDAY**

#### **WEDNESDAY**

### SUGAR FREE THURSDAY

### **FRIDAY**

## WEEK2

**AVAILABLE DAILY** 

### **VEGETARIAN OPTION OF**

**CHOICE 1 DELI CHOICE OF BREADS** WITH A SELECTION

**OF FILLINGS SERVED** WITH A SIDE SALAD



**JACKET POTATO** WITH A SELECTION **OF FILLINGS SERVED WITH A SIDE SALAD** 



**FRESH BREAD** 

FRUIT YOGHURT

Parklands Community Primary and Nursery

**FRESH FRUIT** 

**CHILLED WATER** 



2 Slices of Margherita Pizza (V) served with Baked Beans. **Seasonal Vegetables or Coleslaw** 



Beef Burger in a Bun, Hash Brown served with Baked Beans or Seasonal Vegetables



**Roast Chicken Lunch served** Roast/Mashed Potatoes. Seasonal Vegetables & Gravy



3 Cheese & Tomato Pasta (V) served with Crusty Bread & Seasonal Vegetables



**Battered Fish served with Chips**, **Baked Beans or Peas** 



**Tomato Pasta served** with Crusty Bread



**Tomato & Basil Pasta** 





Cheese & Tomato Pasta (V) served with Crusty Bread & **Seasonal Vegetables** 



Cheese & Bean Quesadilla (V) served with Potato Wedges & Seasonal Vegetables



Watermelon Wedge



**Snicker Doodle Biscuit** 



Vanilla Ice Cream & Fruit



Fruit Jelly



**Iced Wacky Chocolate Cake** 



# WHAT'S ON THE MENU TODAY?

MONDAY

#### **TUESDAY**

#### **WEDNESDAY**

### **THURSDAY**

MEAT FREE FRIDAY

#### **AVAILABLE DAILY**

WEEK3



**DELI CHOICE OF BREADS** WITH A SELECTION **OF FILLINGS SERVED** WITH A SIDE SALAD



**JACKET POTATO** WITH A SELECTION **OF FILLINGS SERVED** WITH A SIDE SALAD



**FRESH FRUIT** 

Parklands Community Primary and Nursery

**CHILLED WATER** 



2 Slices of Thin & Crispy Cheese & Tomato Pizza (V), served with **Baked Beans, Seasonal Vegetables** or Coleslaw



Sausages served with **Mashed Potato. Gravy** & Seasonal Vegetables



**Roast Chicken Lunch served** Roast/Mashed Potatoes. **Seasonal Vegetables & Gravy** 



Spaghetti Bolognese served with Seasonal Vegetables



**Cod Fish Fingers** served with Chips. **Baked Beans or Peas** 



**Tomato & Basil Pasta** 



**Hot Ham & Cheese Wrap** 



Cheese & Tomato Pasta (V) served with Crusty Bread & **Seasonal Vegetables** 



Cheese & Bean Quesadilla (V) served with Potato Wedges & Seasonal Vegetables

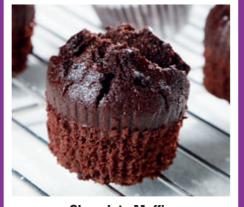


**Tomato Pasta served** with Crusty Bread





**Butterscotch Biscuit** 



**Chocolate Muffin** 



**Cheese & Crackers** 



**Rice Crispy Cookie** 

