

PARK COMMUNITY SCHOOL

WEEKLY MEAL PLAN

MONDAY

Jacket potatoes with:
Pork & mixed bean chilli
or
Tuna, carrot, sweetcorn
& spring onion

WEDNESDAY

Cumberland sausage
or
Bubble & squeak croquette

Served with onions, seasonal
vegetables & mash

FRIDAY

Coley & chive fishcakes with
sweet chilli sauce
or
Courgette, mint & bean patty

Served with curried vegetables
& crispy French fries

TUESDAY

Spicy chicken or vegetable fajita
with Mexican five-bean rice, salsa,
guacamole & soured cream

Served with spicy roast vegetables

THURSDAY

Lamb meatballs in a tomato
& oregano sauce on Barbari bread
or

Massive stuffed tomatoes with
feta & mint

Served with Greek salad

DESSERTS

The School Food Plan states that desserts are allowed at lunchtime and that they must not contain any confectionery. Desserts can be a way to include more nutrients in a meal, for example yoghurt or fruit-based desserts.