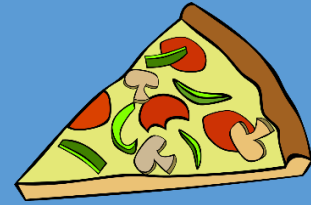




Park Vale
Academy



LUNCH MENU

Week 1

Monday

Bean burger in a bun served with chopped salad & coleslaw

Local sausage served with mashed potato & fresh vegetables

Fruit crumble & custard

Fresh fruit salad

Tuesday

Vegetable feast pizza served with potato wedges & chopped salad

Beef chilli served with brown rice, salad & sour cream

Apple muffin & custard

Fresh fruit salad

Wednesday

Celebration roast served with gravy, mashed potato & vegetable medley

Roast chicken & stuffing served with gravy, mashed potato & vegetable medley

Chocolate fudge pudding & custard

Fresh fruit salad

Thursday

Macaroni cheese & mushroom served with baguette slice

Hand pressed BBQ burger served with potato wedges & chopped salad

Bakewell tart & custard

Fresh fruit salad

Friday

Quorn fajitas served with chips & salad

Fish in batter served with chips & mushy peas

Chocolate brownie & custard

Fresh fruit salad

Also available daily:

Paninis

Jacket Potatoes

Assorted burgers

A selection of pasta, sandwiches, wraps and baguettes

Various soft drinks, milk, water

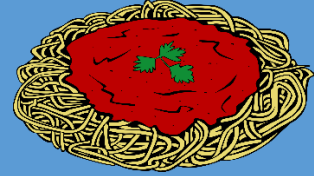
Main Meal £1.60

Pudding with custard £0.85

Meal Deal £2.10
*(includes main meal, pudding
& small tip top drink)*



Park Vale
Academy



LUNCH MENU

Week 2

Monday

Veggie bolognese with organic spaghetti, served with baguette, sweetcorn or salad

BBQ chicken served with jacket potato & coleslaw

Fruit crumble & custard

Fresh fruit salad

Tuesday

Vegetarian pizzas served with potato salad & chopped salad

Moroccan spiced beef tagine served with salad, spiced couscous & mint yoghurt dressing

Cornflake tart & custard

Fresh fruit salad

Wednesday

Quorn roast served with roast potatoes, gravy & vegetable medley

Roast turkey & stuffing, served with roast potatoes, gravy & vegetable medley

Sticky ginger sponge & custard

Fresh fruit salad

Thursday

Bean enchiladas served with boiled potatoes & chopped salad

Creamy pesto wholemeal pasta with ham & broccoli, served with chopped salad & baguette slice

Black Forest sponge & custard

Fresh fruit salad

Friday

Broccoli & cheddar quiche served with new potatoes & chopped salad

Fish goujon & chunky tartar sauce, served with chopped salad & chips

Muffin & custard

Fresh fruit salad

Also available daily:

Paninis

Jacket Potatoes

Assorted burgers

A selection of pasta, sandwiches, wraps and baguettes

Various soft drinks, milk, water

Main Meal **£1.60**

Pudding with custard **£0.85**

Meal Deal **£2.10**

**(includes main meal, pudding
& small tip top drink)**



Park Vale
Academy



LUNCH MENU

Week 3

Monday

Onion & cheddar pasty served with chopped salad & new potatoes
Beef bolognese served with organic pasta, chopped salad & baguette slice
Chocolate muffin & custard
Fresh fruit salad

Tuesday

Veggie chilli bake topped with potato wedges, served with carrots
Jerk chicken thigh served with rice & chopped salad
Butterscotch tart & custard
Fresh fruit salad

Wednesday

Quorn special fried rice, vegetables & soy sauce
Roast pork with stuffing & apple sauce, served with roast potatoes & fresh vegetables
Pineapple upside down pudding & custard
Fresh fruit salad

Thursday

Vegetarian hot dog & onions, served with chopped salad & potato wedges
Chicken curry served with brown rice & steamed vegetables
Victoria sponge with mixed berries & cream
Fresh fruit salad

Friday

Vegetarian pizzas served with potato salad & chopped salad
Fishcakes served with chopped salad & boiled potatoes
Cake & custard
Fresh fruit salad

Also available daily:

Paninis
Jacket Potatoes
Assorted burgers
A selection of pasta, sandwiches, wraps and baguettes
Various soft drinks, milk, water

Main Meal £1.60

Pudding with custard £0.85

Meal Deal £2.10
*(includes main meal, pudding
& small tip top drink)*



Park Vale
Academy



LUNCH MENU

Week 4

Monday

Roasted Mediterranean vegetable lasagne served with chopped salad & baguette slice

Jumbo hot dog topped with crispy onions served with potato salad & chopped salad

Canadian date cake & custard

Fresh fruit salad

Tuesday

Cottage pie served with mashed potato & vegetables

Assorted pizza served with potato wedges & coleslaw

Chocolate muffin & custard

Fresh fruit salad

Wednesday

Quorn sweet & sour vegetables served with brown rice & chopped salad

Roast beef served with Yorkshire pudding, gravy, roast potatoes & vegetable medley

Bakewell tart & custard

Fresh fruit salad

Thursday

Mushroom & cheddar quiche served with new potatoes & chopped salad

Moroccan spiced chicken tagine served with brown rice & chopped salad

Black Forest sponge & custard

Fresh fruit salad

Friday

Quorn & bean chilli served with brown rice & chopped salad

Battered fish served with mushy/garden peas & chips

Chocolate crunchies & custard

Fresh fruit salad

Also available daily:

Paninis

Jacket Potatoes

Assorted burgers

A selection of pasta, sandwiches, wraps and baguettes

Various soft drinks, milk, water

Main Meal £1.60

Pudding with custard £0.85

Meal Deal £2.10
*(includes main meal, pudding
& small tip top drink)*