Park High School

Lunch Menu: 3 Week Cycle - October 2020 to April 21

Lunch Menu - Week 1

Day	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
Chef's Special	Chicken Meatballs with Tagine Sauce Served with Cous Cous	Jerk Chicken with Rice and Peas	Roast Beef with Roast Potatoes and Gravy	Oven Baked African Chicken Served with Wholemeal Turmeric Rice	Battered Fish with Homemade Tartare Sauce served with Chips
Veggie Dude Food *Reinventing veggie favourites*	Szechuan Quorn Stir Fry	Mac 'n' Cheese	Roast Quorn with Roast Potatoes and Gravy	Chickpea and Butternut Squash Rogan Josh with Wholemeal Turmeric Rice	Haloumi and Roasted Pepper Calzone
Eat The Street *Our street chic style of kerb side cuisine*	'Fully Loaded' Garlic Bread Dog	'Roasted or Toasted' Chilli n Cheese Stuffed Sub Roll	The Little Bao Co Halal BBQ Chicken or BBQ Jackfruit in a steamed bun with Apple Slaw	Bowl you over Halal Chicken Mumbai	Greek Street Halal Chicken Gyro with Tzatziki & Salad
No Jacket Required Taking street cart fries to another level	Jacket Potato & Cheese, Baked Beans, Coleslaw	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw or Tuna Mayonnaise	Jacket Potato & Cheese, Baked Beans, Coleslaw, Tuna Mayonnaise or Salmon Mayonnaise
Veg of the Day	Roast Vegetables and Green Beans	Broccoli and Roast Carrots	Swede and Carrot Mash and Sauteed Cabbage	Roast Cauliflower and Wilted Greens	Garden Peas and Baked Beans
Just Dessert *Desserts, cakes & bakes*	Pear & Oat Crumble served with Custard	Chocolate Muffin Cake with Chocolate Sauce	Jam Tart with Vanilla Sauce	Eves Apple Pudding with Custard	Lemon Drizzle Sponge with Custard
Week Commencing:	2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 8th Mar, 29th Mar				

Lunch Menu - Week 2

Day	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
Chef's Special	Spice Rubbed Cajun Chicken with Cuban Butterbean and Squash Ragu	Halal Beef Lasagne	Halal Roast Turkey with Roast Potatoes and Gravy	Halal Jalfrezi Chicken, Coriander and Onion Salad with Wholegrain Rice	Breaded Fish with a Homemade Tartar sauce, served with chips
Veggie Dude Food *Reinventing veggie favourites*	Chickpea and Lentil Dhansak with Coriander and Coconut Rice	Quorn, Courgette and Sweet Pepper Laksa	Roast Quorn with Roast Potatoes and Gravy	Vegetable Chilli with Coriander and Onion Salad and Wholegrain Rice	Falafel in a Flatbread with Houmous and Tzatziki
Eat The Street *Our street chic style of kerb side cuisine*	'Fully Loaded' Chilli Cheese Dog	Bowl you over Halal Southern Coated Crispy Chicken Rep Pepper Mayo and Crunchy Salad	The Little Bao Co Halal Hoisin chicken or (Fry's) Strips in a steamed bun with Apple Slaw	'Roasted or Toasted' Halloumi and roasted veg sub	Greek Street Halal Greek Style Chicken Wings with a Crispy Salad
No Jacket Required Taking street cart fries to another level	Jacket wedges, daily hot specials,baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese
Veg of the Day	Green Vegetable Medley & Roast Cauliflower	Chilli Broccoli and Sweetcorn	Roast Parsnips and Wilted Greens	Carrots and Cauliflower	Garden or Mushy Peas and Baked Beans
Just Dessert *Desserts, cakes & bakes*	Chocolate Brownie with Vanilla Sauce	Lemon and Courgette Cake with Custard	Peach and Cherry Cobbler with Custard	Berry Muffin Cake with Vanilla Sauce	(50%) Apple Crumble with Custard
Week Commencing:	9th Nov, 30th Nov, 11th Jan, 1st Feb, 22nd Feb, 15th Mar, 5th Apr				

Lunch Menu - Week 3

Day	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
Chef's Special	Halal Chicken Sausage with Onion Gravy and Mashed Potato	Halal Sweet Chilli and Coriander Chicken Leg with Lime and Coriander Rice	Halal Roast Chicken with Roast Potatoes and Gravy	Halal Lamb Keema Matta With Wholemeal Rice	Battered Fish or Fish Fingers & Homemade Tartar Sauce served with Chips
Veggie Dude Food *Reinventing veggie favourites*	Butternut Squash and Bean Stew with Mashed Potato	Chilli roasted butternut squash with roasted pepper in a creamy sauce tossed pasta	Roast Quorn with Roast Potatoes and Gravy	Spicy Bean Burger with Potato Wedges	Vegetable Chilli Served with Wholegrain Rice and Tomato and Corn Salsa
Eat The Street *Our street chic style of kerb side cuisine*	'Fully Loaded' Pizza Dog	'Roasted or Toasted' Garlic Ciabatta with Halloumi	The Little Bao Co Sweet Chilli Veggie Strips in a Steamed Bun	Bowl you over Peri Peri Veggie Meat Ball with Crunchy Salad and Mayonnaise	Greek Street Halal Lamb Kofta served Pitta Bread, Tzatziki & Salad
No Jacket Required Taking street cart fries to another level	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese	Jacket wedges, daily hot specials, tuna mayo, salmon mayo, baked beans or cheese
Veg of the Day	Green Beans and Carrots	Roast Vegetables and Wilted Greens	Broccoli and Red Cabbage	Cauliflower and Green Vegetable Medley	Garden Peas and Baked Beans
Just Dessert *Desserts, cakes & bakes*	(50%) Pineapple Upside Down Cake with Custard	Banana Bread with Vanilla Sauce	50% Peach and Pear Crumble with Custard	Toffee Cake with Chocolate Sauce	(50%) Apple and Mixed Berry Pie with Custard
Week Commencing:	16th Nov, 7th Dec, 18th Jan, 8th Feb, 1st Mar, 22nd Mar				

Jacket Potato with a variety of fillings and a selection of salads and fresh fruits will be available on a daily basis.

Full recipe and allergen information is available for all dishes within the dining area and at point of sale.

Please do ask a member of the catering team if you require any further information

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