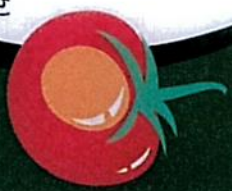


Sir Charles Parsons

High School Lunch Menu

FEBRUARY - JULY

(Option 1snh)



Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheese Omelette (v) Hash Brown (vg) Baked Beans (vg)	Meatball in Tomato Sauce with Penne Pasta Crusty Oven Baked Bread (v)	Handmade Margherita Pizza Slice (v) Oven Roast Diced Potato (v)	Classic Cheeseburger in a Bun Seasoned Wedges (vg)	Oven Baked Fish Fingers Tomato Dip (v) Chips (vg)
Main Course	Mexican Style Quesadilla (v) Hash Brown (vg) Baked Beans (vg)	Hearty Pasta Napoli (vg) Crusty Oven Baked Bread (v)	Handmade Supreme Pizza Slice (v) Oven Roast Diced Potato (v)	Crispy Quorn Cheeseburger in a Bun (v) Seasoned Wedges (vg)	Plant Power Falafel Wrap Tomato Dip (v) Chips (vg)
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Strawberry Mousse (v)	Fresh Fruit Salad (v)	Iced Sponge with Custard (v)	Lemon & Coconut Cookie (v)	Frozen Yoghurt (v)

Chef's choice of Seasonal Vegetables (v)(vg) and Salad Bar (vg) / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Fresh Sandwiches with (v) and (vg) options.

WEEK 1	WEEK 2	WEEK 3
23 Feb 26	02 Mar 26	09 Mar 26
16 Mar 26	23 Mar 26	30 Mar 26
20 April 26	27 April 26	04 May 26
11 May 26	18 May 26	01 June 26
08 June 26	15 June 26	22 June 26
29 June 26	06 July 26	13 July 26

Menus are subject to availability (v) suitable for vegetarians (vg)vegan diets

Sir Charles Parsons

High School Lunch Menu

FEBRUARY – JULY

(Option 1snh)

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Golden Sausage Roll Oven Roast Diced Potato (V) Baked Beans (vg)	Handmade Cheese & Tomato Pizza Slice (V) Hand-cut Wedges (V)	Traditional All-Day Breakfast (Pork Sausage, Hash Brown, Baked Beans, Omelette)	Crispy Chicken Burger Skin On Wedges (V)	Golden battered Fish Chips (vg)
Main Course	Golden Cheese Roll (V) Oven Roast Diced Potato (V) Baked Beans (vg)	Handmade BBQ Quorn Pizza Slice (V) Hand-cut Wedges (V)	Traditional All-Day Breakfast (V) (Quorn Sausage, Hash Brown, Baked Beans, Omelette)	Mighty Quorn Cheeseburger (V) Skin on Wedges (V)	Loaded Mexican Style Wedges (vg) Chopped Mixed Salad (vg)
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Shortbread Finger with Ice Cream (V)	Strawberry Mousse (V)	Lemon Curd Sponge with Custard (V)	Fruity Flapjack with Custard (V)	Summer Berry Muffin (V)

Chef's choice of Seasonal Vegetables (V)(vg) and Salad Bar (vg) / Oven Baked Jacket Potatoes – Cheese (V), Tuna Mayo, Beans (V)(vg) Fresh Sandwiches with (V) and (vg) options.

Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?



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Sir Charles Parsons

High School Lunch Menu

FEBRUARY – JULY

(Option 1snh)

WEEK
3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Power Packed Cheese & Broccoli Quiche (V) Oven Roast Diced Potato (V)	Mexican Style Cheese Tortilla (V) Hash Brown (V)	Handmade Pepperoni Pizza Slice Hand-cut Wedges (V)	Creamy Butter Chicken Curry Steamed Rice (Vg)	Crispy Fish Finger or Salmon Bites Chips (Vg)
Main Course	Classic Pasta Pomodoro (V) Garlic Bread Slice (V)	Beef Lasagne Oven Baked Crusty Bread (V)	Handmade Margherita Pizza Slice (V) Hand-cut Wedges (V)	Baked Sausages with Gravy Mashed Potato (V)	Crunchy Rainbow Fingers (V) Chips (Vg)
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Honey & Oat Muffin (V)	Chocolate Sponge with Chocolate Custard (V)	Arctic Ice Cream Roll with Mixed Berries (V)	Sliced Banana with Custard (V)	Fruity Friday (V)

Chef's choice of Seasonal Vegetables (V)(Vg) and Salad Bar (Vg) / Oven Baked Jacket Potatoes – Cheese (V), Tuna Mayo, Beans (V)(Vg) Fresh Sandwiches with (V) and (Vg) options.

Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?



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