

Sir Charles Parsons School Menu
Week One

September 2022 – July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese Omelette(v)	Chicken Korma	Cheese & Tomato Pizza	Roast Turkey Sage and Onion Stuffing	Fish Fingers
Hash Browns	Fluffy Rice	Seasoned Wedges	Creamed Potatoes	Chips
Baked Beans ★ ★ ★ ★	Green Beans ★ ★ ★ ★	Crunchy Coleslaw ★ ★ ★ ★	Carrots ★ ★ ★ ★	Mushy Peas ★ ★ ★ ★
Quorn Bolognese (v)	Quorn Mince Pie (v) & Beef Mince Pie Creamed Potatoes	Vegetable Fingers (v)	Pasta Pomodoro (v)	BBQ Quorn and Stir Fry Vegetables (v)
Crusty Bread	Turnip	Seasoned Wedges	Garlic Bread	Egg Noodles
Garden Peas ★ ★ ★ ★	★ ★ ★ ★	Wholewheat Hoops ★ ★ ★ ★	Broccoli ★ ★ ★ ★	★ ★ ★ ★
Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★
Filled Jacket Potato Choice of Cheese or Baked Beans (v) with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Fresh Fruit or Yoghurt	Shortbread & Custard	Strawberry Mousse	Lemon Drizzle Cake & Custard	Chocolate Brownie

Also available every day:	Choice of:	Choice of drinks:	
	<ul style="list-style-type: none"> • Salad bar • Fresh fruit selection • Yoghurt • Cheese and biscuits 	<ul style="list-style-type: none"> • Fruit juice • Reduced fat milk • Chilled water 	<ul style="list-style-type: none"> • Selection of fresh bread and rolls

Menus are subject to availability
(V) suitable for Vegetarians or (VG) Vegan diets

Sir Charles Parsons School Menu
Week Two

September 2022 – July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Quorn Dippers(vg)	Mince & Dumplings	Roast Chicken Yorkshire Pudding	Pork Sausages with Gravy	Battered Fish
Potato Wedges	Creamed Potato	Mashed Potato	Oven Roast Potatoes	Chips
Spaghetti Hoops ★ ★ ★ ★	Cauliflower ★ ★ ★ ★	Cabbage ★ ★ ★ ★	Mashed Turnip ★ ★ ★ ★	Mushy Peas ★ ★ ★ ★
Quorn & Chickpea Curry (v)	Quorn Meatballs in Tomato Sauce with Pasta (v)	Quorn Burger in Bun(v) & Beef Burger in a bun	Vegetarian Lasagne (v)	Cheese and Potato Pie (v)
Vegetable Rice	Garlic Bread Garden Peas	Diced Potatoes Baked Beans	Crusty Bread Green Salad	Chips Coleslaw
★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★	★ ★ ★ ★
Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★
Filled Jacket Potato Choice of Cheese or Baked Beans (v) with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad	Filled Jacket Potato Choice of Cheese, Baked Beans (v) or Tuna with Salad
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Apple Pie & Custard	Fresh Fruit or Yoghurt	Vanilla Cookie	Sticky Orange Sponge & Custard	Frozen Yoghurt

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Sir Charles Parson's School Menu September 2022 – July 2023
Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Mascarpone(v) Pasta	Corned Beef Hot Pot	Turkey & Vegetable Pie	Spaghetti Bolognese	Fish Goujons
Garlic Bread	Diced swede	Creamed Potatoes	Garlic Bread	Chips
Mixed Salad ★ ★ ★ ★	★ ★ ★ ★	Broccoli ★ ★ ★ ★	Carrots ★ ★ ★ ★	Beetroot ★ ★ ★ ★
Southern Style Quorn Fillet (v)	Margherita Pizza (v)	Quorn Kofta (v) with Savoury Rice	Quorn Sausage Roll (v)	Three Bean Chilli (v)
Seasoned Wedges	Diced Potatoes	Pitta Bread	Oven Roast Potatoes	Fluffy Rice
Beans ★ ★ ★ ★	Sweetcorn ★ ★ ★ ★	Coleslaw ★ ★ ★ ★	Wholewheat Hoops ★ ★ ★ ★	Garden Peas ★ ★ ★ ★
Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★	Selection of Sandwiches ★ ★ ★ ★
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DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Chocolate Cookie	Strawberry or Vanilla Ice Cream	Fresh Fruit or Yoghurt	Flapjack & Custard	Apple Crumble Muffin

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