

# Park Hill Menu Summer 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	● Braised Chicken Sausages with Onion Gravy	● Minced Lamb Pasta Bolognese	● Roast Chicken	Layered Beef Pasta with Tomato and topped with Cheese	● Fish Fingers
22 April	<b>Vegetarian</b>	Cheese Tomato and Spinach Pastry	Vegetable Spring Roll	Leek & Potato Pie	Vegetarian Meatball in Tomato Sauce	Vegetarian Nuggets
13 May	<b>Carbs &amp; Veg</b>	Mashed Potatoes Fresh Broccoli, Baton Carrots	New Potatoes, Green Beans, Tossed Salad	Roast Potatoes, Cauliflower, Carrots	Braised Rice, Mixed Salad	Chipped Potatoes, Peas Baked Beans
3 June	<b>Option</b>	Jacket Potato with Cheese or Tuna Mayonnaise	Pasta with Tomato Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese Sauce	
24 June						
15 July	<b>Dessert</b>	Pineapple Pots	Apple Sponge with Custard	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Blueberry Muffin with Custard	Ice Cream
<b>Week 2</b>	<b>Main</b>	● BBQ Chicken Pizza	● Minced Beef & Onion Pie	Roast Beef & Yorkshire Pudding	Chicken Meat Balls In a Tomato Sauce	● Baked Fillet of Fish
29 April	<b>Vegetarian</b>	Cheese, Tomato & Sweetcorn Pizza	Stir Fried Vegetables with Egg Noodles	Cheese Omelette	Sweet Potato & vegetable Curry	Vegetable Lasagne topped with Tomato Sauce & Cheese
20 May						
10 June	<b>Carbs &amp; Veg</b>	Potato Wedges Peas, Tossed Salad	Mashed Potatoes Cauliflower, Green Beans	Roast Potatoes, Broccoli, Baton Carrots	Savoury Rice	Mashed Potatoes Baked Beans, Mixed Salad
1 July	<b>Option</b>	Jacket Potato with Cheese or Tuna Mayonnaise	Pasta with Tomato Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese Sauce	
	<b>Dessert</b>	Water Melon, Yoghurt or selection of Fresh Fruit	Lemon Drizzle Cake with Custard	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Shortcake Biscuits	Ice Lolly
<b>Week 3</b>	<b>Main</b>	● Chicken Burger in a Bun	● Beef Meat Loaf with Onion Gravy	● Roast BBQ Chicken	● Beef Cottage Pie	● Fish Fingers
<b>Week 3</b>	<b>Vegetarian</b>	Veggie Burger	Vegetarian Sausages in a Yorkshire Pudding with Gravy	Broccoli & Cauliflower Cheese	Roasted Vegetable Wrap with Tomato Sauce	Cheese & Tomato Flan
6 May						
27 May	<b>Carbs &amp; Veg</b>	Potato Croquettes, Baked Beans Sweetcorn,	Mashed Potatoes, Red Cabbage with Apple, Carrots	Roast Potatoes Broccoli, Carrots	New Potatoes Broccoli, Tossed Salad	Chipped Potatoes Peas, Baked Beans
17 June	<b>Option</b>	Jacket Potato with Cheese or Tuna Mayonnaise	Pasta with Tomato Sauce	Jacket Potato with Cheese or Beans	Pasta with Cheese Sauce	
8 July	<b>Dessert</b>	Peach & Pear Pots	Apple Crumble With Custard	Fresh Fruit Platter, Yoghurt, Cheese & Crackers	Raspberry Muffin with Custard	Vegetarian Strawberry Mousse

Salad Bar and Fresh Fruit and Yoghurt available every day.

We use locally sourced ingredients when available and in season.

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The School Food Standards.

● Halal Suitable