
































SAMPLE MENU

CREATED BY STEVEN CROSS

—
HEAD CHEF
PARK CATERING
SERVICES

Sample Menu

Dietary - (V)-Vegetarian (DF) Dairy Free (GF) Gluten Free (O) Organic

	Monday Meat Free!	Tuesday Mexican Madness	Wednesday Wok and Roll!	Thursday Home Comfort	Friday Fishy Friday
Soup	Soup of the day  (GF)(DF)(V)(O)	Soup of the day  (GF)(DF)(V)(O)	Crispy lemon chicken    (DF)(O)	Soup of the day  (GF)(DF)(V)(O)	Soup of the day  (GF)(DF)(V)(O)
Main	Quorn and chargrilled vegetable chili taco  (GF)(DF)(O)	Chicken and vegetable quesadilla  (O)	Fruity sweet and sour tofu   (GF)(DF)(V)(O)	Individual steak and caramelised baby onion pie (DF)(O)	Teriyaki Salmon    (GF)(DF)(O)
Vegetarian	Fully loaded vegetable and bean nachos (GF)(DF)(V)(O)	Vegetable and bean chilli (GF)(DF)(V)(O)	Stir-fried Pak Choi and rainbow vegetables  	Root vegetable pukka pie  (V)(O)	Quorn Katsu curry  (GF)(DF)(V)(O)
Vegetable/ Salad	Mixed sweetcorn and bean salsa Green salad	Mexican salad Guacamole Tomato salsa	Egg fried rice Mini vegetable spring rolls   	Carrot and suede mash Seasonal green vegetable mix	Mango and lime salad Chili and garlic broccoli  
Carbohydrate	Taco shell Mixed bean Mexican rice	Mexican burnt corn rice	Crispy lemon chicken    (DF)(O)	Mashed potatoes 	Rainbow noodles (Hot) Prawn Crackers  
Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day

Allergies

Whenever possible we endeavour to meet all nutritional and dietary requirements of our customers.

We stock a large array of gluten free and dairy free products which are available on request for all.

Our chefs are always available to assist if a student or parent requires further information or an alternative meal on the day.

There are 14 major allergens which need to be mentioned when they are used as ingredients in a food. Here are the 14 allergens and their picture logos these will be added to all our menus making it easy to spot anything you shouldn't be eating if you suffer with allergies.

 **Celery**

 **Cereal containing gluten**

 **Crustaceans**

 **Eggs**

 **Fish**

 **Lupin**

 **Milk**

 **Molluscs**

 **Mustards**

 **Nut**

 **Peanuts**

 **Sesame Seeds**

 **Soya**

 **Sulphur Dioxide/
Sulphites**

Great link for more information - <https://www.food.gov.uk/sites/default/files/media/document/top-allergy-types.pdf>



These menus have been designed by our multiple award winning chef
and current LACA school chef of the year Steven Cross

