

Catering **tree-tops**<sup>café</sup>  
**the watering**  
**hole** at Park

# Autumn Menu - 2015



Park Community School



# Park Community School Lunch Menu - Week 1



(V) - Vegetarian | (GF) - Gluten Free | (DF) - Dairy Free

	Monday's Chinese	Taco Tuesday	Hog Roast Wednesday	Thursday, True British Attire	Fish Supper Friday
Soup	Chicken Noodle Soup (V)(GF)(DF)	Chilli and Corn Chowder (GF)(DF)(V)	Chargrilled Tomato and Pepper (GF)(DF)(V)	Broccoli and Cheddar (GF)(DF)(V)	Pea and Mint (GF)(DF)(V)
Main	Sweet and Sour Chicken Hong Kong Style (GF)(DF)	2 x Chilli Con Carne Taco (GF)(DF)	Pulled Pork and Stuffing Subs	Individual Beef and Onion Pie	Fish Dog with Mayonnaise and mixed lettuce (V)
Vegetarian	Vegetable Chow Mein (GF)(DF)(V)	Spicy Vegetable Nachos (GF)(V)	Mixed Cheese and Red Onion Chutney toastie (V)	Stuffed Bubble and Squeak Croquette (V)	Jumbo Onion Fritter with Mayonnaise (V)
Vegetable / Salad	Stir Fry Vegetables (GF)(DF)(V)	Mixed Salad (GF)(DF)(V)	BBQ Beans (GF)(DF)(V)	Garden Pea (GF)(DF)(V)	Mushy Peas (GF)(DF)(V)
Carbohydrate	Egg Fried Rice (GF)(DF)(V)	Spicy Wedges (GF)(DF)(V)	Balsamic Roasties	Mashed Potatoes	Chunky chips
Dessert (Hot)	Orange and Lemon Fruit Jelly	Lime and Cocoa Mousse	Apple and Pear Crumble	Summer Berry Trifle	Sticky Toffee Pudding

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## Lunch Menu - Week 2



(V) - Vegetarian | (GF) - Gluten Free | (DF) - Dairy Free

	Monday Italiano	Sultans Feast Tuesday	Americana WEDNESDAY	Park Pizza Thursday	Parks Chippy Friday
Soup	Minestrone (GF)(DF)(V)	Curried Cauliflower (GF)(DF)(V)	Tomato and Basil (GF)(DF)(V)	Carrot and Coriander (GF)(DF)(V)	Butternut and Ginger (GF)(DF)(V)
Main	Beef Lasagne	Chicken Balti and Rice (GF)(DF)	6OZ Cheese Burger	Meat Feast Slice	Battered Cod to go! (DF)
Vegetarian	Macaroni Cheese (V)	Veggie Dahl (GF)(DF)(V)	Loaded Veggie Skins (GF)(V)	Veggie Calzone (GF)(DF)(V)	Battered Halomi with Sweet Chilli (DF)(V)
Vegetable / Salad	Mixed Salad (GF)(DF)(V)	Onion Rajita (GF)(DF)(V)	Baked Beans (GF)(DF)(V)	Crunchy Coleslaw (GF)(V)	Garden Peas (GF)(DF)(V)
Potatoes	N/A	Naan Bread (DF)(V)	Sweet Pot Fries (GF)(DF)(V)	Potato Salad (GF)(V)	Chunky Chips (GF)(DF)(V)
Dessert (Hot)	Tiramisu (V)	Cheese cake with strawberry compote (V)	Banoffee Cheese Cake (V)	Blueberry and Lemon Sponge	Cocoa and Orange Brownie (V)



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## Lunch Menu - Week 3



(V) - Vegetarian | (GF) - Gluten Free | (DF) - Dairy Free

	Turkish Delight Monday	Early Brunch Tuesday	Roast Dinner Wednesday	Jacket Potato Thursdays	Thai Friday
Soup	Spicy Tomato (V)(DF)(GF)	Mushroom (V)(DF)(GF)	Curried Vegetable (V)(DF)(GF)	French Onion (V)(DF)(GF)	Thai Green Broth (V)(DF)(GF)
Main	Chicken Kebab with Garlic Mayonnaise	Full English: 1xBacon 1xSausage, Mushrooms and Tomatoes (DF)	Roasted Pork with Yorkshire Puddings	Jacket Potato with 2 x Fillings •Chilli •Beans (V)(GF)	Mini Thai Fishcakes with sweet chilli sauce x 2 (V)(DF)
Vegetarian	Spicy bean burgers beetroot chutney (V)(DF)	Cheese and Onion Omelette (V)(GF)	Tomato, Spinach and Goats cheese Quiche (V)	•Baked Beans •Cheese (V)(GF)	Tomato, pepper, garlic and herb sauce with penne pasta (V)(GF)(DF)
Vegetable / Salad	Veggie Pitta to go!! (V)	Baked Bean (V)(DF)(GF)	Cabbage (V)(DF)(GF)	Mixed Salad / Coleslaw (V)(GF)	Noodle Salad (V)(DF)(GF)
Potatoes	Mixed Salad (V)(DF)(GF)	Sautéed Potatoes (V)(DF)(GF)	Roasties (V)(DF)(GF)	N/A	Thai Rice (V)(DF)(GF)
Dessert (Hot)	Shoe String Fries (V)(DF)(GF)	Fruit Salad (V)(DF)(GF)	Rice Pudding (V)(GF)	Carrot Cake (V)	Panna Cotta (V)(GF)



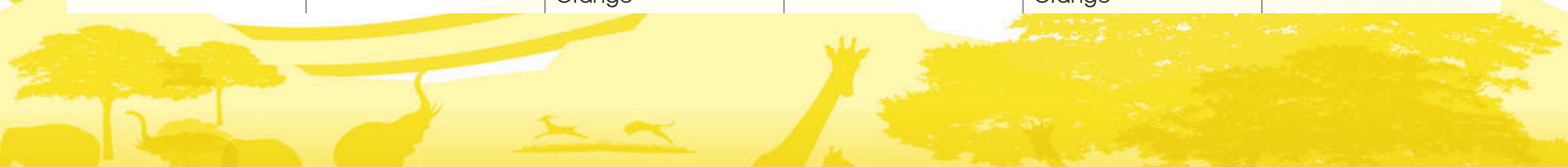
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## Breakfast Menu

# the watering hole

(V) - Vegetarian | (GF) - Gluten Free | (DF) - Dairy Free

	Monday	Tuesday	Wednesday	Thursday	Friday
Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries	Selection of warm mixed Pastries
Cereals & Porridge	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.	Selection of cereals in portioned boxes served with cold/hot milk, Porridge.
Hot Breakfast Sandwiches	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin	Half Bacon, sausage bap or Bacon and egg muffin
Hot Extras	Baked hash American pancakes (V)	Baked hash American pancakes (V)	Baked hash American pancakes (V)	Baked hash American pancakes (V)	Baked hash American pancakes (V)
Yoghurts & Fruit	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads	Selection of natural yoghurts, whole fruit and fruit salads
Smoothies	Banana and Honey	Strawberry and Orange	Banana and Honey	Strawberry and Orange	Banana and Honey



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## Morning Break & Trailer Menu



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	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Snacks	Beef Burger @Trailer Peri Peri Chicken Thighs x 2 @Trailer & Watering Hole	Chicken Burger @Trailer Mega veggie Samosa @Watering Hole & Trailer	Chicken Burger @Trailer. Baby Pizzas: Ham/ Mushroom, Cheese/ Tomato.	Chicken Burger @Trailer Jumbo Spring Roll @Watering Hole & Trailer.	Chicken Burger @Trailer Hot Dogs @Trailer & Watering Hole.
Park Pasta (trailer only)	•Tomato and Ham •Cheese and Chive	•Meat Ball •Roasted Veg	•Chicken and Mushroom •Tomato and Basil	•Ham and Cheese •Spicy Tomato	
Fruits / Salads	Selection of whole fruit, fruit salads yoghurts and homemade natural juice jellies	Selection of whole fruit, fruit salads yoghurts and homemade natural juice jellies	Selection of whole fruit, fruit salads yoghurts and homemade natural juice jellies	Selection of whole fruit, fruit salads yoghurts and homemade natural juice jellies	Selection of whole fruit, fruit salads yoghurts and homemade natural juice jellies
Sadwiches	Selection of sandwiches, baguettes and Ciabatta	Selection of sandwiches, baguettes and Ciabatta	Selection of sandwiches, baguettes and Ciabatta	Selection of sandwiches, baguettes and Ciabatta	Selection of sandwiches, baguettes and Ciabatta





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## Light Snacks Menu

### Breads

- White sliced bread
- Brown sliced bread
- Granary sliced bread
- White & Granary bagget
- Gluten Free sliced bread
- Ciabatta
- Pannini

### Fillings

All sandwiches can be served with salad, tomato, onion, carrot, beetroot, piccalilli, red onion chutney, Branston pickle, English mustard, wholegrain mustard. We run sandwiches on a rota offering four fillings daily with extras in some.

- Plain cheddar
- Plain ham
- Plain tuna
- Tuna sweetcorn and carrot mayonnaise
- Plain chicken
- Chicken and bacon
- Coronation Chicken
- Chicken and stuffing
- Plain egg
- Egg mayonnaise and cress

# the watering hole

### Dietary/ Nutrition and 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.

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