



## Park Community School

# the watering hole

### Lunch Menu – Week 1 – September 2016

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

	The Big Spud Monday	Deep South Tuesday	Weekly Roast Wednesday	Greek Gods Thursday	Asian Spice Friday
<b>Soup</b>	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.
<b>Main</b>	Big Spud with Pork and mixed bean chilli or Tuna, Carrot, sweetcorn and spring onion (DF)(GF)(O)	Cajun Cornflake Chicken nuggets served with sweet potato fries and creole style coleslaw (DF)(GF)(O)	Roast Beef or Roast Chicken served with Yorkshire puddings and trimmings (DF)(O)	Lamb Meatballs in a tomato and oregano sauce on Barbaree bread. (DF)(O)	Salmon chilli and coconut fishcakes with a Malay curry sauce. (DF)(O)
<b>Vegetarian</b>	Mixed Baked beans, coleslaw, mixed triple cheese. (V)(GF)	New Orleans vegetable Jambalaya (V)(DF)(GF)	Gluten Free Spinach and Chestnut mushroom tart (V)(GF)	Massive stuffed Tomatoes with Feta and mint. (V)(GF)	Malay Coconut and turmeric vegetables. (V)(DF)(GF)
<b>Vegetable/ Salad</b>	N/A	Creole Coleslaw	Seasonal Vegetables	Greek Salad	Sweet chilli sugar snaps
<b>Carbohydrate</b>	Jacket Potatoes	Sweet Potato Fries	Roasted Thyme Potatoes	N/A	Jasmine Rice
<b>Dessert</b>	Chocolate Orange Brownie (V)	Key lime Pie (V)	Mixed Berry and pear crumble (V)	Minted Watermelon and Orange pot (V)(DF)(GF)	Chilled coconut and mango rice pudding (V)(GF)(O)



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## Lunch Menu – Week 2 – September 2016

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

	The Big Brunch	Holy Cow Curry	Just like Home	Tasty Malaysia	Fish Favourites
<b>Soup</b>	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.
<b>Main</b>	Park Sausages, Bacon, Beans, Tomatoes, Mushrooms, Eggs and Hash browns (DF)	Chicken Kashmir Rogan Josh Curry Sauce (DF)(GF)(O)	Cumberland Sausage with onions, Yorkshire Pudding and mash (O)	Panggang Chicken Wrap with coriander and lime (DF)(O)	Jumbo Panko Pollock Burger served with sweet chilli jam (DF)
<b>Vegetarian</b>	Quorn Sausages (V)(GF)	Bombay Sweet Potatoes (V)(DF)(GF)	Bubble and Squeak Croquette (V)(GF)	Penang Island Stir-fry vegetables (V)(DF)(GF)	Spinach, Butternut and Goats Cheese Pizza(V)
<b>Vegetable/ Salad</b>	Tomatoes and Mushrooms	N/A	Seasonal Vegetables	N/A	Crunchy mixed salad
<b>Carbohydrate</b>	Hash Browns	Naan Bread/ Rice	Mashed Potatoes	Basmati Rice	Seasoned Potato Wedges
<b>Dessert</b>	Eton Mess (V)(GF)	Mango and Lime Panna cotta (V)(GF)(O)	Sticky Date and Toffee Pudding (V)	Passion Fruit Mousse (V)(GF)(O)	Lemon Posset and Shortbread (V)





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## Lunch Menu – Week 3 – September 2016

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

	Cuban Classic	Marrakesh Madness	The Big Ham	China Town	Park Chippy
<b>Soup</b>	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.	Soup of the day – Seasonal and changing daily.
<b>Main</b>	Lemongrass and chilli chicken skewers served with Chimichurri houmous (DF)(O)	Moroccan Lamb and pomegranate Tagine (DF)(GF)(O)	Spicy pineapple and chilli Gammon steak served with roasted tomatoes. (DF)(GF)	Bangkok Sweet Tamarind Chicken served with egg noodles. (DF)(O)	Lemonade Battered Coley Fillet with Tartare. (V)
<b>Vegetarian</b>	Mixed vegetable Kebab (V)(DF)(GF)	Bar Marked Halloumi with Roasted vegetables (V)(GF)	Roasted Quorn Fillet in a sweet pineapple and chilli sauce (V)(DF)(GF)	Huge Crispy Vegetable spring roll with Tamarind Sauce (V)(DF)	Pukka Puff Vegetable Pie and Gravy (V)(DF)
<b>Vegetable</b>	Crunchy Cuban radish salad	N/A	Garden Peas and Mushrooms	N/A	Mushy Marrowfat Peas
<b>Potatoes</b>	Sweet Potato Fries	Jewelled Couscous/ Pitta	Crushed New potatoes	Egg Noodles	Chunky Chips
<b>Dessert</b>	Cuban Crème Caramel (V)(GF)(O)	Filo and Honey Parcels (V)	Apple and Cinnamon Swirl (V)	Sticky Orange Cake (V)	Triple Chocolate Mousse (V)(GF)(O)



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Breakfast @ Park – September 2016

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

	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 and 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 and 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
Smoothie	Banana and Honey	Strawberry and Orange	Banana and Honey	Strawberry and Orange	Banana and Honey



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## Trailer Menu – September 2016

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Snacks	<ul style="list-style-type: none"><li>• Bacon Baguette</li><li>• Bacon Cheese Panini</li><li>• Cheese Panini</li><li>• Pizza</li><li>• <b>Daily special</b></li></ul>	<ul style="list-style-type: none"><li>• Bacon Baguette</li><li>• Bacon Cheese Panini</li><li>• Cheese Panini</li><li>• Pizza</li><li>• <b>Daily special</b></li></ul>	<ul style="list-style-type: none"><li>• Bacon Baguette</li><li>• Bacon Cheese Panini</li><li>• Cheese Panini</li><li>• Pizza</li><li>• <b>Daily special</b></li></ul>	<ul style="list-style-type: none"><li>• Bacon Baguette</li><li>• Bacon Cheese Panini</li><li>• Cheese Panini</li><li>• Pizza</li><li>• <b>Daily special</b></li></ul>	<ul style="list-style-type: none"><li>• Bacon Baguette</li><li>• Bacon Cheese Panini</li><li>• Cheese Panini</li><li>• Pizza</li><li>• <b>Daily special</b></li></ul>
Park Pasta (Trailer Only)	<ul style="list-style-type: none"><li>• Tomato and Ham</li><li>• Cheese and Chive</li></ul>	<ul style="list-style-type: none"><li>• Meat Ball</li><li>• Roasted Veg</li></ul>	<ul style="list-style-type: none"><li>• Chicken and Mushroom</li><li>• Tomato and Basil</li></ul>	<ul style="list-style-type: none"><li>• Ham and Cheese</li><li>• Spicy Tomato</li></ul>	<ul style="list-style-type: none"><li>• Chorizo and Tomato</li><li>• Triple cheese</li></ul>
Sandwiches	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and	Selection of sandwiches, baguettes, Ciabatta and





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### Light Snacks Menu

#### Breads

- White sliced bread
- Brown sliced bread
- Granary sliced bread
- Gluten – Free Bread Sliced and rolls
- White/Granary baguette
- Ciabatta
- Panini

#### Fillings

All sandwiches can be served with salad, tomato, cucumber, onion, carrot, beetroot, piccalilli, red onion chutney, Branston pickle, English Mustard, Wholegrain Mustard.

We run sandwiches on a rota offering four filling daily with extras in some.

- Plain cheddar
- Plain ham
- Tuna plain
- Tuna sweetcorn and carrot mayonnaise
- Chicken plain
- Chicken and bacon
- Coronation Chicken
- Chicken and stuffing
- Egg plain
- Egg mayonnaise and cress

### 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.**