



2024 -
2025

MENU PACK

CREATED BY STEVEN CROSS

EXECUTIVE CHEF
PARK COMMUNITY SCHOOL

	Monday Chinatown	Tuesday Perfect Park	Wednesday Trattoria	Thursday Classic Casablanca	Friday Cajun Fishy Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main	Kung pao chicken served with wholegrain and white egg fried rice. (df)	Local Cumberland sausages served with onion gravy and yorkshire pudding.	Classic beef lasagne served with garlic ciabatta and mixed seasonal salad.	Moroccan pork meatballs served in a fragrant sauce with sultanas and vegetables. (df)	Chunky battered cajun fish burger served with smoked chipotle mayonnaise. (df)
Vegetarian	Sweet and sour mixed vegetables (v)	Soya mince cottage pie served with horseradish cream. (v)	Roasted cherry tomato, chargrilled courgette and basil penne pasta. (v)	Butternut squash and chickpea harira (v)	Vegetarian burger served with sweetcorn chutney and pickled red onions. (v)
Vegetable/ Salad	Stir fried mixed green vegetables	Garden pea and sliced carrots	Mixed seasonal salad	Moroccan harissa vegetable salad	Creole style coleslaw Mixed green salad
Carbohydrate	Egg fried wholegrain & white rice	Crispy thyme roast potatoes	Garlic ciabatta	Pomegranate and mint couscous	Paprika fries
Dessert	Caramelised pineapple with mint syrup	Mixed fruit salad	Pear and orange crumble with chantilly cream (v)	Mixed fruit salad	Cocoa and cherry brownie with cream (v)

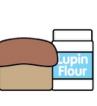
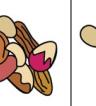
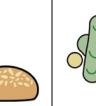
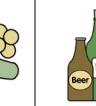
Lunch Menu – Week 1

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

2024 –
2025

DISHES														
Celery														
Cereals containing gluten														
Crustaceans														
Eggs														
Fish														
Lupin														
Milk														
Mollusc														
Mustard														
Nuts														
Peanuts														
Sesame seeds														
Soya														
Sulphur Dioxide														
Kung Pao Chicken			✓							✓ Trace	✓ Trace	✓	✓	
Egg Fried Rice		✓		✓								✓	✓	
Sweet & Sour Vegetables												✓	✓	
Stir-fried Green Vegetables												✓	✓	
Cumberland Sausages, onion gravy, Yorkshire pudding	✓	✓		✓			✓						✓	
Soya Mince Cottage Pie					✓								✓	
Classic Beef Lasagne		✓		✓			✓							
Garlic Ciabatta		✓					✓							
Cherry tomato, courgette & basil pesto penne pasta		✓					✓							
Pear & Orange Crumble		✓					✓							

Dishes and their allergen content – Week 1

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Moroccan Meatballs		✓												
Butternut Squash and chickpea Harira	✓													
Moroccan Harissa Vegetable salad														
Pomegranate and mint couscous		✓												
Chunky Cajun fish burger with chipolata mayonnaise		✓		✓	✓				✓					
Quorn Burger with sweetcorn chutney, pickled red onions		✓												
Creole Coleslaw				✓										
Paprika Fries														
Cocoa Cherry Brownie and Cream		✓												

Dishes and their allergen content – Week 1

	Monday Sopranos Style	Tuesday Tasty Trends	Wednesday The Big Roast	Thursday Sultans Delight	Friday Cajun Fishy Friday
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main	Pulled pork and crispy onion mac and cheese served with sweet bbq glaze.	Crispy blackened cornflake chicken nuggets with a spicy sriracha mayonnaise (df)	Roasted chicken served with homemade pork, sage and onion stuffing and gravy. (df)	Chicken balti served with pilau rice and coriander naan bread. (gf)	Breaded coley fillet served with minted crushed garden peas and homemade chip shop curry sauce (df)
Vegetarian	Homemade crispy basil, parmesan and mushroom arancini with tomato sauce (v)	Bang bang cauliflower served with sweet chilli sauce and spring onions. (v)(df)	Roasted field mushroom, thyme and baby onion pie (v)(df)	Roasted aubergine and cauliflower aloo (v)(gf)	Cherry tomato, basil pesto and cheddar cheese quiche (v)
Vegetable/ Salad	Mixed seasonal salad	Classic caesar salad pickled oriental slaw	Mixed seasonal vegetables	Kachumber salad mint yoghurt mango chutney	Minted crushed garden peas
Carbohydrate	Garlic ciabatta	Spicy seasoned wedges	Roast potatoes	Pilau rice Naan bread	Chunky chips
Dessert	Banoffee cheesecake (v)	Mixed fruit salad	Apple and cherry crumble with custard (v)	Mixed fruit salad with rose and mint	Strawberry trifle (v)

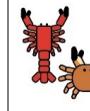
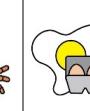
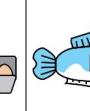
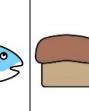
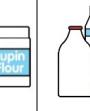
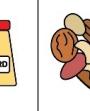
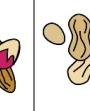
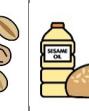
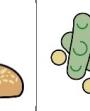
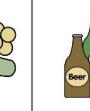
Lunch Menu – Week 2

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

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DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BBQ Pulled Pork & Crispy Onion Mac & Cheese		✓					✓		✓					
Crispy Basil, Parmesan and Dublin Arancini		✓		✓			✓							
Banoffee Cheesecake		✓					✓							
Crispy Blackened Cornflake Chicken & Sriracha Mayonnaise		✓		✓					✓					
Bang Bang Cauliflower with sweet chilli sauce		✓					✓			✓ Trace	✓ Trace	✓		
Classic Caeser Salad		✓		✓	✓				✓					
Pickled Oriental Slaw					✓						✓	✓		
Roast Chicken, Sage & Onion Stuffing & Yorkshire Pudding		✓					✓					✓		
Roasted Field Mushroom & Baby Onion Pie		✓		✓			✓					✓		

Dishes and their allergen content – Week 2

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Apple and Cherry Crumble			✓					✓						
Classic Chicken Balti & Naan Bread	✓	✓						✓		✓	✓	✓	Trace	Trace
Roasted Aubergine & Cauliflower Aloo	✓	✓					✓		✓	✓	✓	✓	✓	Trace
Breaded Coley Fillet & Curry Sauce			✓						✓					
Cherry Tomato, Basil Pesto & Cheddar		✓		✓			✓							

Dishes and their allergen content – Week 2

	Monday Jamaican Bad Boy	Tuesday Baja Heat	Wednesday Soul Food	Thursday Tikka Ting	Friday Glorious Fish
Soup	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Main	Blackened jamaican jerk chicken (df)(gf)	Mexican chilli beef and bean burrito (df)	Homemade chicken and pea pie	Roast chicken tikka masala served with nigella and coriander naan bread	Jumbo fish finger sandwich served with homemade tartare sauce (df)
Vegetarian	Reggae reggae jackfruit curry (v)(gf)	Roasted vegetable and cheese quesadilla (v)	Traditional soya mince and vegetable cottage pie (v)(df)(gf)	Aubergine and lentil dahl curry (v)(gf)	Homemade roasted vegetable pizza with garlic dressing (v)
Vegetable/ Salad	Caribbean pineapple, lime, and chia seed salad	Tomato salsa Sour cream guacamole	Mixed seasonal vegetables	Kachumber salad mint yoghurt mango chutney	Mixed seasonal salad
Carbohydrate	Rice and peas	Crispy seasoned potato wedges	Cheesy mashed potatoes	Mixed pilau rice	Lemon and herb potato wedges
Dessert	Tropical fruit salad	Crunchy cocoa and lime mousse (v)	Mixed fruit salad	Mango and lime fruit salad	Jam and coconut sponge with custard (v)

Lunch Menu – Week 3

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

2024 -
2025

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Blackened Jamaican Jerk Chicken														
Reggae Reggae Jackfruit Curry	✓									✓ Coconut				
Caribbean Pineapple, Lime and Chia Seed Salad					✓								✓	
Mexican Chilli Beef & Bean Burrito	✓	✓												
Roasted Vegetable & Cheese Quesadilla		✓						✓						
Crunchy Cocoa and Lime Mousse		✓						✓						
Chicken & Pea Pie	✓	✓						✓					✓	
Traditional Soya Mince & Vegetable Cottage Pie	✓	✓					✓						✓	
Roasted Chicken Tikka Masala	✓								✓	✓	✓			

Dishes and their allergen content – Week 3

DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Aubergine & Lentil Dahl Curry	✓						✓		✓	✓	✓			
Jumbo Fish Finger Sandwich with Tartare sauce			✓		✓		✓							
Roasted Vegetable Pizza with Garlic Dressing		✓							✓					
Jam & Coconut sponge served with custard		✓		✓			✓							

Dishes and their allergen content – Week 3

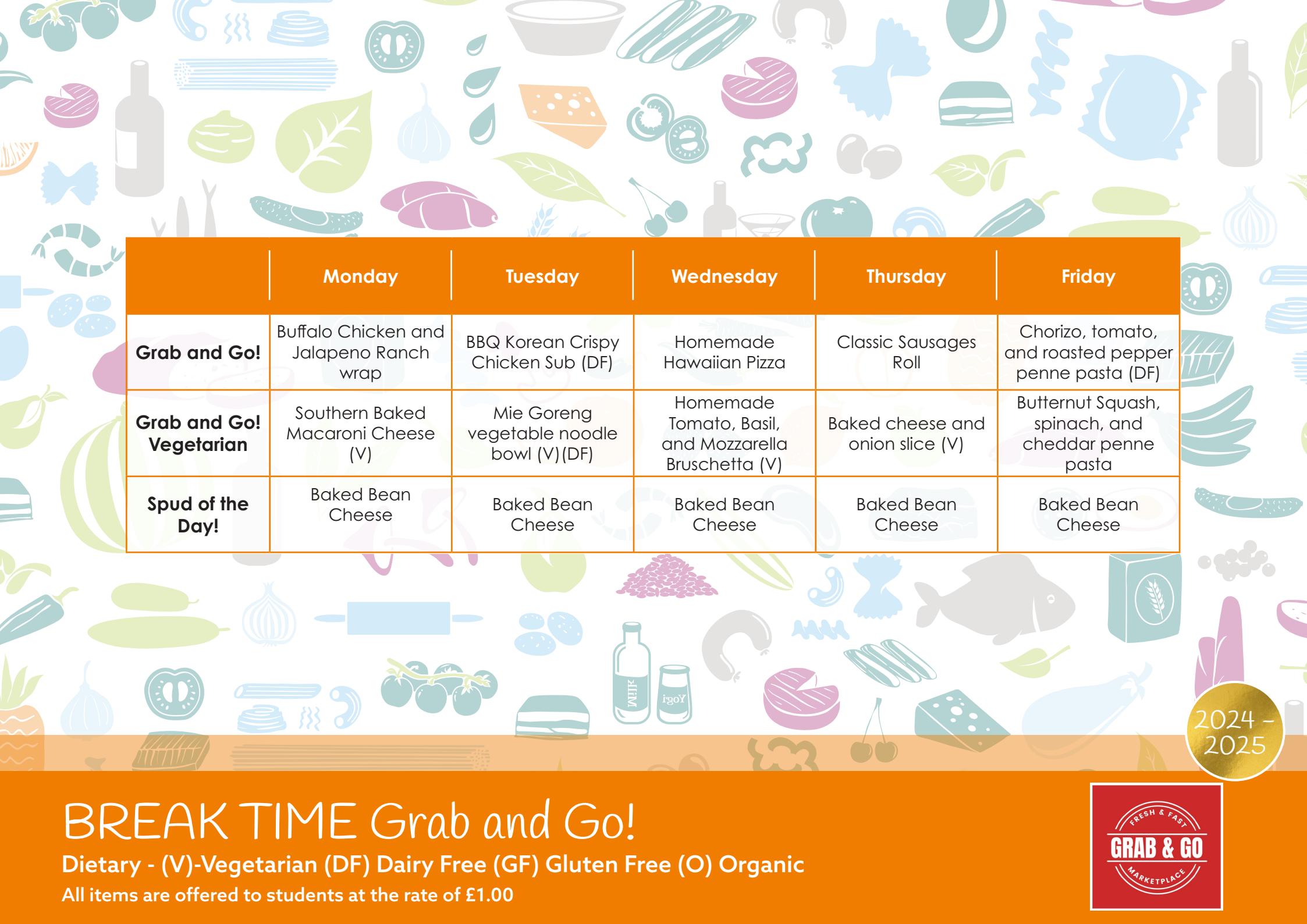
	Monday	Tuesday	Wednesday	Thursday	Friday
Pastries	Selection of warm mixed pastries				
Cereals and Porridge	Selection of cereals in portioned boxes served with cold/ hot milk Porridge	Selection of cereals in portioned boxes served with cold/ hot milk Porridge	Selection of cereals in portioned boxes served 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 browns American pancakes				
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

Breakfast Menu

We offer Magic Breakfast to all students that need nourishment. Please feel free to come in early and help yourself to some tasty breakfast goodness helping you to start your day the right way!

**magic
breakfast**
fuel for learning

2024 -
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	Monday	Tuesday	Wednesday	Thursday	Friday
Grab and Go!	Buffalo Chicken and Jalapeno Ranch wrap	BBQ Korean Crispy Chicken Sub (DF)	Homemade Hawaiian Pizza	Classic Sausages Roll	Chorizo, tomato, and roasted pepper penne pasta (DF)
Grab and Go! Vegetarian	Southern Baked Macaroni Cheese (V)	Mie Goreng vegetable noodle bowl (V)(DF)	Homemade Tomato, Basil, and Mozzarella Bruschetta (V)	Baked cheese and onion slice (V)	Butternut Squash, spinach, and cheddar penne pasta
Spud of the Day!	Baked Bean Cheese	Baked Bean Cheese	Baked Bean Cheese	Baked Bean Cheese	Baked Bean Cheese

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BREAK TIME Grab and Go!

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All items are offered to students at the rate of £1.00





The last few years, we decided to let our fabulous chefs have a well-deserved rest giving them time to really concentrate on what they do best hot school food.

Doing this meant we needed to leave the sandwiches to a specialised sandwich company.

Tuck Box are a small family run, local business who offer schools a great selection of mouth-watering sandwiches, wraps and baguettes, that really liven up your lunch.





Allergies and Intolerances

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

On the school site we stock a large array of gluten free and dairy free products which are available on request to all customers.

The fully trained chef team are always available to assist you if any student or parent should require further information or an alternative meal on the day.

Please be aware that it is imperative that those with an allergy strive to take full responsibility for their own allergy. We ask that you please ensure you always read the daily menu as ingredients might change due to uncertain market conditions.

