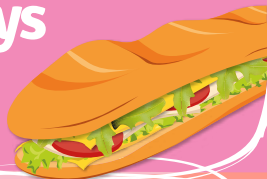


PARKLAND SPRING
All meat dishes made with an option of Halal or non-Halal meat

New Dishes For 2025

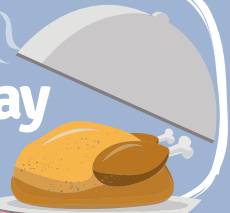
Mega Mondays



School Favourites



Roast Wednesday



Tasty Thursday



Fishy Fridays



WEEK 1

Weeks starting:
6th January, 27th January,
17th February, 10th March,
31st March

Hand Stretched Margherita Pizza with Garlic Slice (V)
Vegetable Korma & Steamed Rice (VG)
Jacket Potato & Fillings (including hot topper) (V) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Cauliflower, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Ice Cream (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Beef Burger or Veggie (VG) Burger in a Bun
★ Harry Ramsden Salmon & Sweet Potato Fishcake ★
Jacket Potato & Fillings (GF)
Sandwich with a Choice of Fillings (V) (VG)

Baked Potato Wedges, Baked Beans, Carrots
Fresh Daily Salad Selection, Homemade Bread

Lemon & Courgette Cake & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)
Mild Bean Chilli with Nachos & Rice (VG) (GF)
Jacket Potato & Fillings (including hot topper) (V) (GF)
Soft Wrap with a Choice of Fillings (V) (VG)

New Potatoes, Carrots, Peas, Gravy
Fresh Daily Salad Selection, Homemade Bread

Peaches & Raspberry Jelly (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese
Seasonal Vegetable Hot Pot (VG) (GF)
Jacket Potato & Fillings (including hot topper) (V) (GF)
★ BBQ Chicken Melt ★ or
Sandwich with a Choice of Fillings (V) (VG)

Sweetcorn, Savoy Cabbage
Fresh Daily Salad Selection, Homemade Bread

Traditional Shortbread (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
Cheesy Leek Parcel (V)
Jacket Potato & Fillings (V) (GF)
Soft Wrap with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Watermelon Wedges (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 2

Weeks starting:
13th January, 3rd February,
24th February, 17th March,
7th April

Hand Stretched Margherita or Pineapple Pizza (V)
Crispy Dippers (VG)
Jacket Potato & Fillings (V) (GF)
Soft Wrap with a Choice of Fillings (V) (VG)

Baked Potato Wedges, Sweetcorn, Carrots
Fresh Daily Salad Selection, Homemade Bread

Chocolate & Vanilla Mousse (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Macaroni Cheese (V)
South Indian Chicken Coconut Curry (GF)
Jacket Potato & Fillings (including hot topper) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Steamed Rice, Peas, Cauliflower
Fresh Daily Salad Selection, Homemade Bread

Blueberry Swirl Cake & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Sausage Stuffed Yorkshire Pudding
Oriental Stir Fried Rice (VG) (GF)
Jacket Potato & Fillings (V) (GF)
★ Meatball Marinara Sub ★ or
Soft Roll with Choice of Fillings (V) (VG)

Mashed Potatoes, Carrots, Cabbage, Gravy
Fresh Daily Salad Selection, Homemade Bread

Fresh Fruit Salad (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ Cottage Pie (GF) ★
Cheese & Onion Gratin (V)
Jacket Potato & Fillings (V) (GF)
Soft Wrap with a Choice of Fillings (V) (VG)

Broccoli, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Chocolate Cookie (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Battered Cod Fillet
★ Mild Bean Burrito (VG) ★
Jacket Potato & Fillings (V) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Apple Cake & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEEK 3

Weeks starting:
30th December,
20th January, 10th February,
3rd March, 24th March

Hand Stretched Margherita or Sweetcorn Pizza
with Pasta Salad (V)
★ Spinach & Chickpea Biryani (VG) (GF) ★
Jacket Potato & Fillings (V) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Cauliflower, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Ice Cream & Fruit (V) (GF)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Creamy Chicken & Sweetcorn Pie
★ Oven Baked Sausages (Pork or Plant Based Choice) ★
Jacket Potato & Fillings (V) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Mashed Potatoes, Peas, Carrots
Fresh Daily Salad Selection, Homemade Bread

Apple Crumble & Custard (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)
★ Vegetable Katsu & Steamed Rice (VG) ★
Jacket Potato & Fillings (V) (GF)
Sandwich with a Choice of Fillings (V) (VG)

Roast Potatoes, Carrots, Savoy Cabbage, Gravy
Fresh Daily Salad Selection, Homemade Bread

Raspberry Jelly (VG) (GF)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ Mild Beef Chilli con Carne with Nachos ★
Tomato & Herb Pasta Bake (V)
Jacket Potato & Fillings (including hot topper) (GF)
★ Ham & Cheddar Melt ★ or
Wrap with Choice of Fillings (V) (VG)

Steamed Rice, Broccoli, Sweetcorn
Fresh Daily Salad Selection, Homemade Bread

Chocolate Fudge Pudding with Hot Chocolate Sauce (V)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers
Vegetable Jambalaya (VG) (GF)
Jacket Potato & Fillings (V) (GF)
Soft Roll with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup
Fresh Daily Salad Selection, Homemade Bread

Oat Cookie (VG)
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Bread and
salad bar
available
DAILY

Jacket
potatoes
available
DAILY

V = Vegetarian | VG = Vegan | *GF = Gluten Free

For full allergen information please refer to your School Grid Account. *Gluten free products are prepared in a kitchen that handles products containing gluten.