

PARSLOES PRIMARY SCHOOL MENU



DATES: 23RD FEB, 16TH MARCH, 20TH APRIL, 11TH MAY, 8TH JUNE, 29TH JUNE, 20TH JULY

WEEK ONE

THEME DAYS

MARCH
 17th March 2026
 St. Patricks Day
 24th March 2026
 Easter Lunch

APRIL
 23rd April 2026
 St. George Day

MAY
 21st May 2026
 Census Day

JUNE
 11th June 2026
 Taste of Summer

JULY
 16th July 2026
 Picnic Day

HAPPY MONDAY

MAINS

Crunchy Bean Burger (V) (G, SE)
 Classic Lamb Burger (G, SU, SE)
 Halal Lamb Burger (G, SO, SE)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Potato Wedges
 Coleslaw
 Sweetcorn

DESSERT

Smoothie ice Cream (MK)

TUESDAY PASTA KING

MAINS

Creamy Spinach Gnocchi (V) (MK, G, E, MU)
 Classic Lamb Bolognese (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Broccoli and Peas
 Wholemeal Pasta (G,SO,MU)

DESSERT

Sticky Date Biscuit (G, SO)

GO GREEN WEDNESDAY

MAINS

Crispy Margherita Pizza (V) (MK,G,SO)
 Vegetable Sweet & Sour Noodles Stir Fry (G,SO)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Green Beans
 Sweetcorn

DESSERT

Banana & Lentil Cake (G,SO,E)

THURSDAY ROAST

MAINS

Roasted Vegetable Filo Parcel (G,SO,MU,L)
 Peri Peri Chicken (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Honey Roast Parsnip & Carrot
 Yorkshire Pudding (G,MK,E)
 Mash Potato (MK)
 Gravy

DESSERT

Chocolate & Orange Brownie (MK,G,SO,E)

FRIDAY FUN DAY

MAINS

Vegan Nuggets (G)
 Battered Fish Fillet (G,F)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Oven Baked Chips
 Peas
 Curry Sauce (CE, MU)

DESSERT

Fresh Fruit (NO ALLERGENS)

AVAILABLE DAILY

Sandwiches Selection
 Freshly Baked Bread

Low fat Yoghurts
 Jacket Potato Available Daily

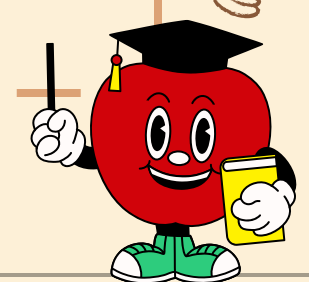
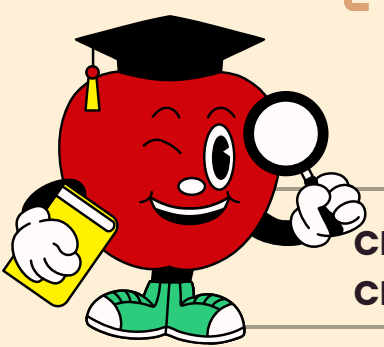
Seasonal Fresh Fruit
 Locally sourced salad bar

V: VEGETARIAN
 VE: VEGAN

ALLERGEN INFO

ALL MEAT PRODUCTS SERVED ARE HALAL/NON-HALAL

- CE = CELERY
- E = EGGS
- G = GLUTEN
- MK = MILK
- MU = MUSTARD
- P = PEANUTS
- SO = SOYA
- CR = CRUSTACEAN
- F = FISH
- L = LUPIN
- MO = MOLLUSCS
- N = NUTS
- SE = SESAME SEEDS
- SU = SULPHITES



PARSLOES PRIMARY SCHOOL MENU



DATES: 2ND MAR, 23RD MAR, 27TH APRIL, 18TH MAY, 25TH MAY, 15TH JUNE, 6TH JULY

WEEK TWO

THEME DAYS

HAPPY MONDAY

MAINS

Roast Vegetable & Five Beans Enchilada (MK, G)

Spicy Lamb Enchilada (MK, G)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Steamed Cabbage

Sweetcorn

DESSERT

Smoothie ice Cream (MK)

TUESDAY PASTA KING

MAINS

Wholesome Mac & Cheese (MK, G, SO)

Chicken Pomodoro (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Carrot Rice

Sweetcorn

DESSERT

Peach Jelly Trifle (MK)

GO GREEN WEDNESDAY

MAINS

Crispy Margherita Pizza (MK, G, SO)

Spanish Bean and Vegetable Stew (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Honey Roast Parsnip & Carrot

Steamed Rice

DESSERT

Apple and Berry Crumble (SO, G) with Custard (MK)

THURSDAY ROAST

MAINS

Butternut Squash, Leek and Onion Wellington (G, MU, SO, L)

Traditional Roast Chicken (NO ALLERGENS)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Roast Potatoes

Cauliflower

Yorkshire Pudding (G, MK, E)

Gravy

DESSERT

Carrot Cake (G, E, SO)

FRIDAY FUN DAY

MAINS

Cheese, Pea and Leek Frittata (MK, E)

Classic Fish Finger (G, F)

PASTA

Pasta & Tomato Sauce (G, SO, MU)

SIDE

Oven Baked Chips

Peas

Curry Sauce (CE, MU)

DESSERT

Fresh Fruit (NO ALLERGENS)

MARCH

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JUNE

11th June 2026 Taste of Summer

JULY

16th July 2026 Picnic Day

AVAILABLE DAILY

Sandwiches Selection

Freshly Baked Bread

Low fat Yoghurts

Jacket Potato Available Daily

Seasonal Fresh Fruit

Locally sourced salad bar

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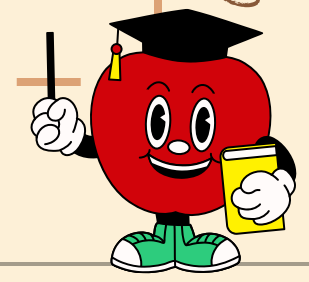
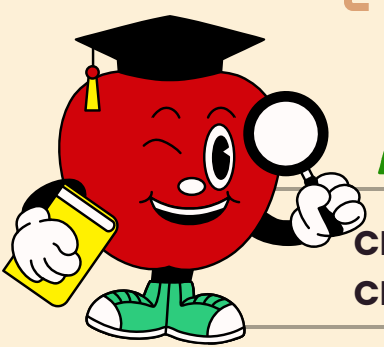
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PARSLOES PRIMARY SCHOOL MENU



DATES: 9TH MAR, 13TH APRIL, 4TH MAY, 1ST JUNE, 22ND JUNE, 13TH JULY

WEEK THREE

HAPPY MONDAY

MAINS	
Vegetable Jambalaya (MU)	Chinese Lemon Chicken (NO ALLERGENS)
PASTA	
Pasta & Tomato Sauce (G, SO, MU)	
SIDE	
Coleslaw Sweetcorn Steamed Rice	
DESSERT	
Smoothie ice Cream (MK)	

TUESDAY PASTA KING

MAINS	
Mediterranean Vegetable Lasagne (MK, G, E, MU, SO)	Classic Lamb Lasagne (MK, G, E, MU, SO)
PASTA	
Pasta & Tomato Sauce (G, SO, MU)	
SIDE	
Broccoli Peas	
DESSERT	
Apricot Shortbread (G, SU, SO)	

GO GREEN WEDNESDAY

MAINS	
Crispy Margherita Pizza (MK, G, SO)	Vegetable Cottage Pie (MK)
PASTA	
Pasta & Tomato Sauce (G, SO, MU)	
SIDE	
Honey Roast Parsnip & Carrot	
DESSERT	
Pineapple Upside Down (G, SO, E)	

THURSDAY ROAST

MAINS	
Golden Crunchy Squash Fillet (G)	Traditional Roast Turkey (NO ALLERGENS)
PASTA	
Pasta & Tomato Sauce (G, SO, MU)	
SIDE	
Roast Potatoes Cauliflower Yorkshire Pudding (G, MK, E) Gravy	
DESSERT	
Rhubarb and Apple Crumble (G, SO) with Custard (MK)	

FRIDAY FUN DAY

MAINS	
Mexican Three Bean Tacos (G, MU)	Battered Fish Fillet (G, F)
PASTA	
Pasta & Tomato Sauce (G, SO, MU)	
SIDE	
Oven Baked Chips Peas Curry Sauce (CE, MU)	
DESSERT	
Fresh Fruit (NO ALLERGENS)	

THEME DAYS

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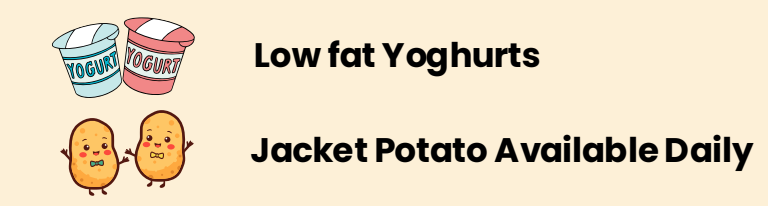
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