

PARSLOES PRIMARY SCHOOL MENU



DATES: 1ST SEPT, 21ST SEPT, 12TH OCT

WEEK ONE

HAPPY MONDAY

MAINS
Crunchy Bean Burger (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)

TASTY TUESDAY

MAINS
Creamy Spinach Gnocchi (MK, G, E, MU, SO)
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 (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)

THEME DAYS

SEPTEMBER

Allergen Awareness

Menu compliance information

OCTOBER

1st October 2026
Census Day - Dino Explorers Day

AVAILABLE DAILY

Sandwiches Selection

Freshly Baked Bread

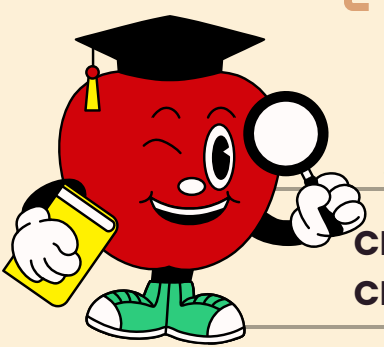
Low fat Yoghurts

Jacket Potato Available Daily

Seasonal Fresh Fruit

Locally sourced salad bar

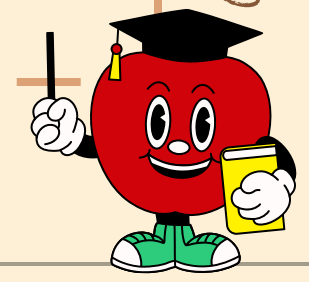
V: VEGETARIAN
VE: VEGAN



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 |

DATES: 7TH SEPT, 28TH SEPT, 19TH OCT

WEEK TWO

HAPPY MONDAY	TASTY TUESDAY	GO GREEN WEDNESDAY	THURSDAY ROAST	FRIDAY FUN DAY
MAINS Roast Vegetable & Five Beans Enchilada (MK, G) ✓ Spicy Lamb Enchilada (MK, G)	MAINS Wholesome Mac & Cheese (MK, G, SO) ✓ Chicken Pomodoro (NO ALLERGENS)	MAINS Crispy Margherita Pizza (MK, G, SO) ✓ Spanish Bean and Vegetable Stew (NO ALLERGENS)	MAINS Butternut Squash, Leek and Onion Wellington (G, MU, SO, L) Traditional Roast Chicken (NO ALLERGENS)	MAINS Cheese, Pea and Leek Frittata (MK, E) ✓ Classic Fish Finger (G,F)
PASTA Pasta & Tomato Sauce (G, SO, MU)	PASTA Pasta & Tomato Sauce (G, SO, MU)	PASTA Pasta & Tomato Sauce (G, SO, MU)	PASTA Pasta & Tomato Sauce (G, SO, MU)	PASTA Pasta & Tomato Sauce (G, SO, MU)
SIDE Steamed Cabbage Sweetcorn	SIDE Carrot Rice Sweetcorn	SIDE Honey Roast Parsnip & Carrot Steamed Rice	SIDE Roast Potatoes Cauliflower Yorkshire Pudding (G,MK,E) Gravy	SIDE Oven Baked Chips Peas Curry Sauce (CE, MU)
DESSERT Smoothie ice Cream (MK)	DESSERT Peach Jelly Trifle (MK)	DESSERT Apple and Berry Crumble (SO,G) with Custard (MK,E,G,SO)	DESSERT Carrot Cake (G,E,SO)	DESSERT Fresh Fruit (NO ALLERGENS)

THEME DAYS

SEPTEMBER

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OCTOBER

1st October 2026

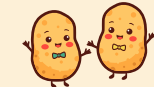
Census Day - Dino Explorers Day

AVAILABLE DAILY

 Sandwiches Selection

 Freshly Baked Bread

 Low fat Yoghurts

 Jacket Potato Available Daily

 Seasonal Fresh Fruit

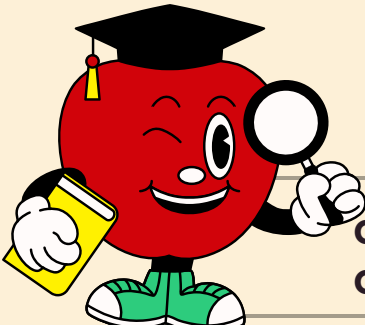
 Locally sourced salad bar

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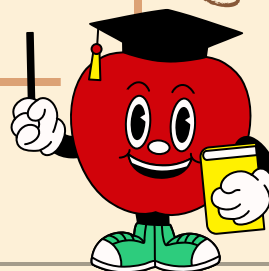
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PARSLOES PRIMARY SCHOOL MENU



DATES: 14TH SEPT, 5TH OCT

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)

TASTY TUESDAY

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, G, E, SO)

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

SEPTEMBER

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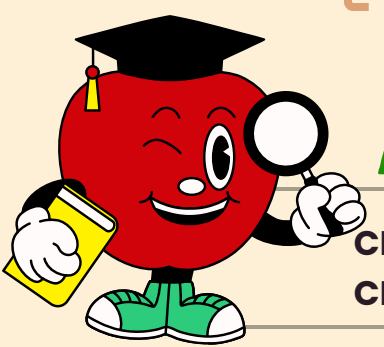
Low fat Yoghurts

Jacket Potato Available Daily

Seasonal Fresh Fruit

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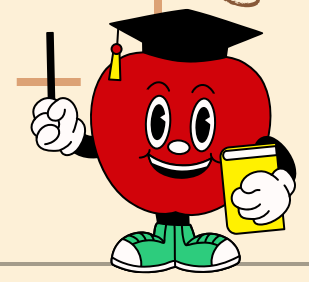
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