

# Parklands Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Breakfast</b>	Prunes Grapefruit Toast Cereal Scrambled Egg & Bacon	Prunes Grapefruit Toast Cereal Scrambled Egg	Prunes Grapefruit Toast Cereal Scrambled Egg & Bacon	Prunes Grapefruit Toast Cereal Scrambled Egg	Prunes Grapefruit Toast Cereal Scrambled Egg & Bacon	Prunes Grapefruit Toast Cereal Scrambled Egg	Prunes Grapefruit Toast Cereal Scrambled Egg
<b>Soup of the Day</b>	French Onion	Cream of Vegetable	Oxtail	Asparagus Soup	Chicken and Leek	Pea and Ham	Mushroom
<b>Lunch Dish of the Day</b>	Chicken and Vegetable Pie	Bacon and Onion Steam Roll	Beef Hotpot	Grilled Sausages with Fried Onions	Deep Fried Cod with Tartare Sauce	Cottage Pie	Roast Pork with Apple Sauce
<b>Dish 2</b>	Salmon Fish Cake & Salad	Cornish Pasty	Quiche Lorraine	Ham Omelette	Cheese Salad	Macaroni Cheese	
<b>Served with</b>	Buttered Potatoes Carrots Swede	Creamed Potatoes Spring Greens	Boiled Potatoes Carrots Green Beans	Creamed Potatoes Mixed Vegetables Cauliflower	Chips Garden Peas Grilled Tomatoes	Boiled Potatoes Broccoli Marrow	Roast Potatoes Seasonal Vegetable
<b>Dessert Choice 1</b>	Jam & Coconut Sponge	Crème Caramel	Fruit Crumble	Semolina with Jam	Spotted Dick	Stewed Rhubarb	Fruit Trifle
<b>Dessert Choice 2</b>	Ice Cream or Yoghurt	Ice Cream or Yoghurt	Ice Cream or Yoghurt	Ice Cream or Yoghurt	Ice Cream or Yoghurt	Ice Cream or Yoghurt	Ice Cream or Yoghurt
<b>Supper choice 1</b>	Quiche with Salad	Beans on Toast	Pasta Salad	Jackets with Tuna Mayo or Cheese	Cheese & Onion Pasty	Tuna Mayonnaise Salad	Buffet Tea
<b>Supper Choice 2</b>	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
<b>Dessert</b>	Cake / Yoghurt	Cake / Yoghurt	Cake / Yoghurt	Cake / Yoghurt	Cake / Yoghurt	Cake / Yoghurt	Cake / Yoghurt



a fresh approach to food