

Mossbourne Parkside Academy

Weekly menu

WEEK ONE: 8 April, 29 April, 20 May, 10 June, 1 July, 22 July



Monday

Tuesday

Wednesday

Thursday

Friday

Beef Bolognaise Served with Penne Pasta
Wheat
Or Rice

Creole Style Chicken with Vegetable Rice

Chicken Sausages
Sulphites
or Vegetarian Sausages
Wheat
Served with Smoky Oven Baked Potato Wedges & Crunchy Coleslaw
Milk

Cottage Pie with Spring Vegetables served with Mash
Milk

Battered Fish Fillet
Wheat, Fish
with Tomato Sauce & Chips

Tomato & Basil Pasta
Wheat
with Chef's Salad & Cheese
Milk

Chickpea & Vegetable Chow Mein
Wheat, Egg

Spring Vegetable Casserole Served with Roast Potatoes

Tuscan Style Tomato & Bean Pasta
Wheat

Chickpea & Herb Pattie served in a Tortilla Wrap
Wheat
with a Sweet Chilli Sauce, Crisp Salad & Chips

Hasselback Jacket Potato with Coleslaw
Milk
Or Cheese
Milk
& Beans

Hasselback Jacket Potato with Tuna
Fish,
Sweetcorn or Beans or Cheese
Milk

Hasselback Jacket Potato with Cheese
Milk
& Red Onion & Beans

Hasselback Jacket Potato with Cheese
Milk
& Beans

Hasselback Jacket Potato with Coleslaw
Milk
or Cheese
Milk
& Beans

Mixed Fruit & Yoghurt
Milk

Jelly & Fresh Fruit Platter

Mixed Fruit & Yoghurt
Milk

Wholemeal Lemon Shortbread
Wheat
with Fresh Fruit Wedges

Ice Cream
Milk
with sliced Seasonal Fruit

Available daily

Please ask the catering manager for food allergen information

Available Daily Jacket Potatoes with various fillings, Freshly Baked Bread, Vegetables of the Day, Salad Pots

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

Mossbourne Parkside Academy

Weekly menu

WEEK TWO: 15 April, 6 May, 27 May, 17 June, 8 July



Monday

Sweet Chilli Chicken
with Rice

Vegetable Chilli
with Rice

Hasselback Jacket Potato with
Coleslaw
Milk
or Cheese
Milk
& Beans

Mixed Fruit &
Yoghurt
Milk

Tuesday

Macaroni Cheese
Wheat, Milk

Italian Style Tomato & Herb
Sauce
with Penne Pasta
Wheat
or Rice

Hasselback Jacket Potato with
Tuna
Fish
or Cheese
Milk
Sweetcorn or Beans

Jelly & Fresh Fruit Platter

Wednesday

Roast Turkey with
Roast Potatoes & Gravy

Spring Vegetable Cottage Pie
with Mashed Potato
Milk
& Gravy

Hasselback Jacket Potato
with Cheese
Milk,
Red Onion & Beans

Mixed Fruit &
Yoghurt
Milk

Thursday

Minced Beef Keema with
Pilau Rice

Lentil & Sweet Pepper
Macaroni Bake
Wheat, Milk

Hasselback Jacket Potato
with Cheese
Milk
& Beans

Wholemeal Lemon Shortbread
Wheat
with Fresh Fruit Wedges

Friday

Battered Fish Fillet
Wheat, Fish
with Tomato Sauce & Chips

Bubble & Squeak with Tomato
Sauce

Hasselback Jacket Potato
with Coleslaw
Milk
or Cheese
Milk
& Beans

Ice Cream
Milk
with sliced Seasonal Fruit

Available daily

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Weekly menu

WEEK THREE: w/c 22 April, 13 May, 3 June, 24 June, 15 July



Monday

Pizza Margherita
Wheat, Milk

Chickpea & Vegetable Korma
with Rice

Hasselback Jacket Potato with
Coleslaw or Cheese
Milk
& Beans

Mixed Fruit &
Yoghurt
Milk

Tuesday

BBQ Style Chicken Thigh with
Oven Roast Potato Wedges
Wheat

Pesto Style Pasta
Wheat
with a Mediterranean Style Salad

Hasselback Jacket Potato with
Tuna
Fish
Sweetcorn,
Cheese
Milk
& Beans

Jelly & Fresh Fruit Platter

Wednesday

Braised Beef &
Macaroni Bake
Wheat, Milk

Sweet Potato, Tomato & Bean
Stir with Rice

Hasselback Jacket Potato with
Cheese
Milk,
or Red Onion & Beans

Mixed Fruit &
Yoghurt
Milk

Thursday

Chilli Chicken served in a
Soft Taco
Wheat
with Sweetcorn Salsa & Mexican
Rice

Chilli Bean Fajita
Wheat
with Sweetcorn Salsa & Mexican
Style Rice

Hasselback Jacket Potato with
Cheese
Milk
& Beans

Wholemeal Lemon Shortbread
Wheat
with Fresh Fruit Wedges

Friday

Breaded Fish Fillet
Wheat, Fish
or Salmon & Lemon Fishcakes
Fish
with Chips & Tomato Sauce

Chilli Bean Fajita
Wheat
with Sweetcorn Salsa & Mexican
Style Rice

Hasselback Jacket Potato with
Coleslaw or Cheese
Milk
& Beans

Ice Cream
Milk
with sliced Seasonal Fruit

Available daily

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