



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 06.11.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Cheese & Tomato Pizza With Corn on the cob, Beans & Potato Wedges <i>Gluten, Eggs, milk, egg</i>	Roast Chicken and Stuffing Carrots, Broccoli & Roast Potatoes <i>Gluten, Wheat</i>	Mince Beef Pie Minted Cabbage & Herby Potatoes <i>Gluten, Wheat</i>	Sausage, Beans & Mashed Potato <i>Soybean, Cereal, Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten</i>
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>
DESSERT				
Fudge Slice & Milk Drink <i>Gluten, Wheat, Milk</i>	Cornflake Tart with Custard <i>Gluten, Cereal, Wheat, Milk</i>	Angel Delight <i>Milk</i>	Butterscotch Tart <i>Gluten, Milk</i>	Doughnuts & Milk Drink <i>Gluten, Cereal, Milk, Egg</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 13.11.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
All Day Breakfast Beans or Tomatoes, Hash Browns & Toast <i>Gluten</i>	Roast Pork and Stuffing Carrots, Cabbage & Roast Potatoes <i>Gluten, Wheat</i>	Lasagne, Peas & Garlic Bread <i>Gluten, Milk, Mustard</i>	Sausage, Peas, Beans or Sweetcorn. Mashed Potato <i>Gluten, Soybean, Cereal,</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten</i>
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>
DESSERT				
Oatie Cookies & Milk Drink <i>Gluten, Cereals, Milk</i>	Iced Chocolate Shortcake & Custard <i>Gluten, Wheat, Milk</i>	Fresh Fruit	Butterscotch Tart <i>Gluten, Wheat</i>	Cupcakes & Milk Drink <i>Eggs, Gluten, Wheat, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 20.11.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Sweet & Sour Chicken, Green Beans, Rice & Petit Pan Gluten	Roast Beef & Yorkshire Pudding, Carrots, Cauliflower Cheese & Roast Potatoes Gluten, Milk, Egg, Wheat, Mustard	Pasta Bake, Peas & Garlic Bread Gluten, Milk, Wheat	Sausage, Beans & Mashed Potato Soybean, Cereal, Gluten, Wheat	Fish, Peas, Beans or Sweetcorn & Chips Fish, Cereal, Gluten
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten
DESSERT				
Flapjack & Milk Drink Gluten, Milk	Sprinkle Cake with Custard Gluten, Egg, Wheat, Milk	Cheesecake Gluten, Milk	Butterscotch Tart Gluten, Wheat	Iced Buns & Milk Drink Gluten, Wheat, Eggs, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 27.11.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Spaghetti Bolognese, Peas & Garlic Bread Gluten	Roast Pork & Stuffing, Carrots, Broccoli & Roast Potatoes Gluten	Cottage Pie, Cabbage & Saute Potatoes	Sausage, Beans, Peas, Sweetcorn & Mashed Potato Soybean, Gluten, Cereal	Fish, Peas, Beans or Sweetcorn & Chips Fish, Cereal, Gluten
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Mustard
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Milk, Gluten
DESSERT				
Choc Chip Cookie & Milk Drink Gluten, Wheat, Milk	Bakewell Tart & Custard Wheat, Gluten, Egg, Almond, Milk	Oatie Apple Crumble & Custard Gluten, Wheat, Cereal, Milk	Butterscotch Tart Gluten, Wheat	Ring Doughnuts & Milk Drink Gluten, Egg, Wheat, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 04.12.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
All Day Breakfast, Tomato & Beans, Hash Browns & Toast <i>Gluten, Soya, Cereal, Wheat</i>	Roast Gammon & Stuffing, Carrots, Cauliflower & Roast Potatoes <i>Gluten, wheat</i>	Pasta Bake Peas & Garlic Bread <i>Gluten, Wheat, Milk</i>	Sausage, Beans & Mashed Potato <i>Soybean, Cereal, Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten</i>
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>
DESSERT				
Orange Shortbread Milk Drink <i>Wheat, Gluten, Milk</i>	Crispy Lemon Curd Tart & Custard <i>Wheat, Gluten, Milk</i>	Buffalo Sponge & Custard <i>Gluten, Wheat, Egg, Milk</i>	Butterscotch Tart <i>Gluten, Wheat</i>	Krispie Cake & Milk Drink <i>Gluten, Cereal, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 11.12.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Minced Beef Hotpot, Mixed vegetables & Saute Potatoes	Roast Chicken & Stuffing, Carrots, Cabbage & Roast Potatoes <i>Gluten, Wheat</i>	Lasagne With Peas & Garlic Bread <i>Gluten, Wheat, Mustard, Milk</i>	Sausage, Beans & Mashed Potato <i>Soybean, Cereal, Wheat, Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten</i>
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>
DESSERT				
Flapjack & Milk Drink <i>Gluten, Wheat, Milk</i>	Iced Ginger Cake & Custard <i>Gluten, Wheat, Milk</i>	Cheese & Crackers <i>Gluten, Milk, Wheat</i>	Butterscotch Tart <i>Wheat, Gluten</i>	Fairy Cakes & Milk Drink <i>Gluten, Egg, Wheat, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 18.12.23

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Homemade Chicken Nuggets, Beans & Potato Wedges <i>Gluten, Wheat, Cereal</i>	Christmas Dinner Day Turkey, Stuffing, Pigs-in-Blankets, Carrots, Peas, Brussel Sprouts, Roast Potatoes & Mash <i>Gluten, Wheat</i>	Pasta Bake, Peas & Garlic Bread <i>Wheat, Gluten, Milk</i>	Hotdogs Beans, Peas, Sweetcorn & Saute Potatoes <i>Soybean, Cereal, Wheat, Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Wheat, Gluten</i>
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Mustard</i>
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Milk, Gluten</i>
DESSERT				
Fudge Slice & Milk Drink <i>Gluten, Wheat, Milk</i>	Iced Chocolate Shortcake & Custard <i>Wheat, Gluten, Milk</i>	Jelly & Fruit with Cream <i>Milk</i>	Butterscotch Tart <i>Gluten, Milk</i>	Christmas Ice Cream <i>Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day