



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



## Week Commencing 01.01.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
			Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
			Pork, Cereal, Wheat, Gluten	Fish, Gluten, Cereal, Wheat
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
			Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo
			Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
			Egg, Cheese, Tuna or Ham Sandwich	Egg, Cheese, Tuna or Ham Sandwich
			Side Salad or Crunchy Sticks	Side Salad or Crunchy Sticks
			Fruit, Yoghurt, Biscuit or Cake	Fruit, Yoghurt, Biscuit or Cake
			Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten
DESSERT				
			Butterscotch Tart	Oatie Cookie Milk Drink
			Gluten, Wheat	Gluten, Wheat, Cereal, Dairy

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



## Week Commencing 08.01.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
All Day Breakfast Beans or Tomatoes, Hash Browns & ½ Toast <i>Pork, Gluten, Wheat</i>	Roast Chicken and Stuffing Carrots, Broccoli & Roast Potatoes <i>Gluten, Wheat</i>	Pasta Bake, Peas & Garlic Bread <i>Wheat, Cereal, Gluten, Dairy</i>	Sausage, Beans, Peas or Sweetcorn & Mashed Potato <i>Pork, Gluten, Cereal, Wheat.</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Gluten, Cereal, Wheat</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, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, 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, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>
DESSERT				
Fudge Cake Milk Drink <i>Gluten, Wheat, Cereal</i>	Bakewell Tart & Custard <i>Gluten, Wheat, Cereal, Dairy</i>	Cheese & Crackers <i>Wheat, Gluten, Cereal, Dairy</i>	Butterscotch Tart <i>Wheat, Gluten, Cereal</i>	Ring Doughnut Milk Drink <i>Gluten, Wheat, Cereal, soya, Dairy</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 15.01.24				
Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Spaghetti Bolognese with Peas & Garlic Bread	Roast Pork & Stuffing, Carrots, Cauliflower & Roast Potatoes	Minced Beef Pie, Cabbage & Potatoes	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten, Wheat, Cereal, Dairy	Milk, Eggs, Gluten	Wheat, Gluten, Cereal	Pork, Wheat, Gluten, Cereal, Soya	Fish, Gluten, Cereal, Wheat
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo
Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, 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, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake
Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten
DESSERT				
Flapjack Milk Drink	Cornflake Tart with Custard	Fresh Fruit	Butterscotch Tart	Iced Bun & Milk Drink
Dairy	Wheat, Gluten, Cereal, Dairy		Gluten, Wheat, Cereal	Wheat, Gluten, Cereal, Soya Milk

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



## Week Commencing 21.01.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Chicken Burger In A Bun With Corn On The Cob & Potato Wedges <i>Gluten, Wheat, Cereal, Soya</i>	Roast Pork & Stuffing Carrots, Cauliflower & Roast Potatoes <i>Pork, Gluten, Wheat, Cereal</i>	Lasagne with Peas & Garlic Bread <i>Gluten, Wheat, Cereal, Dairy</i>	Sausage, Beans & Mashed Potato <i>Soya, Cereal, Gluten, Soya, Milk</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Gluten, Cereal</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, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, Mustard</i>	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo <i>Milk, Cereal, Egg, Fish, 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, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>
DESSERT				
Oatie Cookie & Milk Drink <i>Gluten, Wheat, Cereal, Dairy</i> <b>Allergens in Red</b>	Iced Shortcake & Custard <i>Wheat, Gluten, Cereal, Dairy</i>	Jelly and Cream <i>Dairy</i>	Butterscotch Tart Milk Drink <i>Wheat, Gluten, Cereal</i>	Vanilla Cup Cakes & Milk Drink <i>Eggs, Gluten, Milk</i>

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



## Week Commencing 29.01.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
All Day Breakfast Beans or Tomatoes, Hash Browns & ½ Toast	Roast Gammon & Stuffing, Carrots, Peas & Roast Potatoes	Cottage Pie With Seasonal Veg & Saute Potatoes	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten, Soybean, Cereals, Wheat	Pork, Gluten, Wheat, Cereal	Wheat, Cereal, Gluten	Pork, Soya, Cereal, Wheat, Gluten.	Fish, Gluten, Cereal, Wheat
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo
Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, 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, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake
Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten
DESSERT				
Oatie Cookie Milk Drink	Iced Ginger Shortcake with Custard	Buffalo Sponge & Custard	Butterscotch Tart	Krispie Cake & Milk Drink
Gluten, Milk	Wheat, Gluten, Cereal, Milk	Wheat, Gluten, Cereal	Wheat, Gluten, Cereal	Wheat, Gluten, Cereal, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



## Week Commencing 05.02.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Pasta Bake. Peas & Garlic Bread	Roast Chicken & Yorkshire Pudding, Carrots, Broccoli & Roast Potatoes	Minced Beef & Dumplings with Seasonal Veg & Herby Potatoes	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten, Wheat, Cereal	Wheat, Gluten, Cereal, Milk	Wheat, Gluten, Cereal	Pork, Gluten Cereal, Wheat	Fish, Wheat, Gluten, Cereal
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo
Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, Mustard	Milk, Cereal, Egg, Fish, 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, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Side Salad or Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake
Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten	Egg, Mustard, Fish, Milk, Gluten
DESSERT				
Choc Chip Cookie & Milk Drink	Sprinkle Cake & Custard	Angel Delight	Butterscotch Tart	Banana Loaf & Milk Drink
Gluten, Milk	Wheat, Gluten, Cereal, Milk	Milk	Milk, Gluten	Wheat, Cereal, Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every day