



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 15.04.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Cheese & Tomato Pizza Beans or Coleslaw & Potato Wedges <i>Gluten, Cereal, Wheat, Eggs, Milk, Egg</i>	Roast Chicken Carrots, Broccoli & Roast Potatoes <i>Gluten, Wheat</i>	Pasta Bake Peas & Garlic Bread <i>Gluten, Cereal, Wheat, Milk</i>	Sausage, Peas, Beans or Sweetcorn & Mashed Potato <i>Gluten, Cereal, Wheat, Soya</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten, 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, 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				
Chocolate Chip Cookies & Milk Drink <i>Gluten, Cereal, Wheat, Milk</i>	Cornflake Tart with Custard <i>Gluten, Cereal, Wheat, Milk</i>	Cheese and Crackers <i>Gluten, Cereal, Wheat Milk</i>	Butterscotch Tart <i>Gluten, Cereal, Wheat</i>	Banana Loaf & Milk Drink <i>Gluten, Cereal, Wheat, Milk, Egg</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 22.04.24

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, Cereal, Wheat</i>	Roast Pork and Stuffing Carrots, Cauliflower & Roast Potatoes <i>Gluten</i>	Lasagne, Peas & Garlic Bread <i>Gluten, Cereal, Wheat, Milk</i>	Sausage, Peas, Beans or Sweetcorn. Mashed Potato <i>Gluten, Soya, 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				
Flapjack & Milk Drink <i>Gluten, Cereals, Milk</i>	Sprinkle Cake & Custard <i>Gluten, Wheat, Egg, Milk</i>	Fresh Fruit	Butterscotch Tart <i>Gluten, Wheat</i>	Doughnuts & Milk Drink <i>Cereal, Eggs, Gluten, Wheat, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 29.04.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Chicken Wraps, Mixed Salad & Potato Wedges <i>Gluten, Cereal, Wheat</i>	Roast Gammon, Carrots, Cabbage & Roast Potatoes <i>Gluten, Milk, Egg, Wheat, Mustard</i>	Spaghetti Bolognese, Peas & Garlic Bread <i>Gluten, Cereal, Wheat</i>	Sausage, Beans & Mashed Potato <i>Soybean, Cereal, Gluten, Wheat</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten, 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, 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, Cereal, Wheat, Milk</i>	Bakewell Tart with Custard <i>Gluten, Cereal, Allmond, Egg, Wheat, Milk</i>	Cheesecake <i>Gluten, Cereal, Wheat, Milk</i>	Butterscotch Tart <i>Gluten, Cereal, Wheat</i>	Oatie Cookies & Milk Drink <i>Gluten, Wheat, Cereal, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 06.05.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
No meal served. Bank Holiday	Roast Chicken, Carrots, Peas & Roast Potatoes <i>Gluten</i>	Minced Beef Pie, Minted Cabbage & Sauté Potatoes <i>Gluten, Cereal, Wheat</i>	Sausage, Beans, Peas, Sweetcorn & Mashed Potato <i>Soya, Gluten, Cereal, Wheat</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten, Wheat</i>
	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>
	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>
	DESSERT	DESSERT	DESSERT	DESSERT
	Crispy Lemon Curd Tart & Custard <i>Wheat, Gluten, Cereal, Milk</i>	Cheesecake <i>Gluten, Wheat, Cereal, Milk</i>	Butterscotch Tart <i>Gluten, Wheat, Cereal</i>	Rice Krispie Cake & 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 13.05.24

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, Cereal, Wheat</i>	Roast Gammon, Carrots, Cauliflower & Roast Potatoes <i>Gluten, wheat</i>	Pasta Bake Peas & Garlic Bread <i>Gluten, Wheat, Cereal</i>	Sausage, Beans, Peas or Sweetcorn & Mashed Potato <i>Soya, Gluten, Cereal, Wheat</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten, 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, 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, Cereal, Milk</i>	Ginger Shortcake & Custard <i>Wheat, Gluten, Cereal, Milk</i>	Jelly & Cream Milk	Butterscotch Tart <i>Gluten, Cereal, Wheat</i>	Iced Bun & Milk Drink <i>Gluten, Cereal, Wheat, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY

LABOR OMNIA VINCIT



Week Commencing 20.05.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Chicken Burgers & Red Sauce Corn On The Cob & Potato Wedges <i>Gluten, Cereal, Wheat</i>	Roast Pork & Stuffing, Carrots, Broccoli & Roast Potatoes <i>Gluten,</i>	Homemade Meat Balls With Peas & Garlic Bread <i>Gluten, Wheat, Cereal</i>	Sausage, Beans, Peas or Sweetcorn & Mashed Potato <i>Soya, Cereal, Wheat, Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Cereal, Gluten, 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, 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>
Fudge Slice & Milk Drink <i>Gluten, Wheat, Milk</i>	Cornflake Tart & Custard <i>Gluten, Wheat, Cereal, Milk</i>	DESSERT Fresh Fruit	Artic Roll <i>Wheat, Gluten, Cereal, Egg, Milk</i>	Cupcakes & Milk Drink <i>Gluten, Egg, Wheat, Milk, Egg</i>

Allergens in Red

Fresh fruit and yoghurt available every day