



**Week Commencing 02.09.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
Pizza, Beans or Sweetcorn Homemade Wedges	Roast Chicken and Stuffing, Roast Potatoes, Carrots and Broccoli	Pasta Bake, Peas & Garlic Bread	Sausage, Beans, Peas or Sweetcorn Mashed Potato	Fish and Chips. Peas, Beans or Sweetcorn &
Gluten, Milk	Gluten	Gluten, Meat, Milk	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Oatie Cookies. Milk Drink	Iced Chocolate Shortcake & Custard	Cheese and Crackers	Butterscotch Tart	Doughnuts. Milk Drink
Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten	Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every  
day



**Week Commencing 09.09.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
All Day Breakfast Beans or Tomatoes, Hash Browns & ½ Toast	Roast Pork and Stuffing Carrots, Cabbage & Roast Potatoes	Homemade Lasagne, Peas & Garlic Bread	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten	Gluten, Milk	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Fudge Slice, Milk Drink	Cornflake Tart & Custard	Fresh Fruit	Butterscotch Tart	Banana Loaf & Milk Drink
Gluten, Milk	Gluten, Egg		Gluten	Gluten, Milk, Egg

Allergens in Red

Fresh fruit and yoghurt available every  
day



**Week Commencing 16.09.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
Chicken Curry With Green Beans & ½ Petit Pan	Roast Gammon & Stuffing, Carrots, Cauliflower & Roast Potatoes	Minced Beef Pie With Minted Cabbage & Herby Potatoes	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten	Gluten	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Orange Shortbread & Milk Drink	Bakewell Tart & Custard	Jelly & Cream	Butterscotch Tart	Cupcakes & Milk Drink
Gluten, Milk	Gluten, Milk, Egg	Milk	Gluten	Eggs, Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every  
day



**Week Commencing 23.09.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
Sweet & Sour Chicken with green beans, ½ rice & ½ petit pan	Roast Chicken & Yorkshire Puddings Carrots, Broccoli & Roast Potatoes	Pasta Bake Peas & Garlic Bread	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten, Milk, Egg	Gluten, Milk	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Flapjack & Milk Drink	Sprinkle Cake & Custard	Cheesecake	Butterscotch Tart	Iced Buns & Milk Drink
Gluten, Milk	Eggs, Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



**Week Commencing 30.09.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
Spaghetti Bolognese with Peas & Garlic Bread	Roast Pork & Stuffing, Carrots, Cabbage & Roast Potatoes	Chicken Wraps Salad & Potato Wedges	Sausage, Beans & Mash Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten	Gluten, Egg	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Choc Chip Cookies Milk Drink	Ginger Shortcake & Custard	Oatie Crumble & Custard	Butterscotch Tart	Krispie Cake & Milk Drink
Gluten, Milk	Gluten, Milk	Gluten, Milk	Gluten	Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



**Week Commencing 07.10.24**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
Chicken Burger in a Bun with Red Sauce Coleslaw or Beans Homemade Potato Wedges <i>Gluten, Soya, Egg</i>	Roast Pork & Stuffing, Carrots, Broccoli & Roast Potatoes <i>Gluten</i>	Homemade Meatballs with Peas & Garlic Bread <i>Gluten</i>	Sausage, Beans & Mashed Potato <i>Gluten</i>	Fish, Peas, Beans or Sweetcorn & Chips <i>Fish, Gluten,</i>
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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>
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake <i>Egg, Mustard, Fish, Milk, Gluten</i>	Egg, Cheese, Tuna or Ham Sandwich 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>
<b>DESSERT</b>				
Fudge Slice & Milk Drink <i>Gluten, Milk</i>	Cornflake Tart & Custard <i>Gluten, Milk</i>	Fresh Fruit	Arctic Roll <i>Milk, Gluten, Egg</i>	Banana Loaf & Milk Drink <i>Eggs, Gluten, Milk</i>

*Allergens in Red*

Fresh fruit and yoghurt available every day



## Week Commencing 14.10.24

Week Commencing 14.10.24				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>	<b>OPTION 1</b>
All Day Breakfast Beans or Tomatoes, Hash Browns & ½ Toast	Roast Gammon & Stuffing, Carrots, Broccoli & Roast Potatoes	Pasta Bake with Peas & Garlic Bread	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten	Gluten, Meat	Gluten	Fish, Gluten
<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>	<b>OPTION 2</b>
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
<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>	<b>OPTION 3</b>
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	Egg, Cheese, Tuna or Ham Sandwich 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
<b>DESSERT</b>				
Oatie Cookie & Milk Drink	Buffalo Sponge & Custard	Angel Delight	Butterscotch Tart	Iced Buns & Milk Drink
Gluten, Milk	Eggs, Gluten, Milk	Milk	Gluten	Eggs, Gluten, Milk

Fresh fruit and yoghurt available every  
day



THE PARKGATE ACADEMY  
LABOR OMNIA VINCIT



Fresh fruit and yoghurt available every  
day