



Week Commencing 04.11.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Pizza, Beans & Coleslaw Homemade Wedges	Roast Chicken & Stuffing, Roast Potatoes, Carrots and Broccoli	Minced Beef Pie, Minted Cabbage & Herby Potatoes	Sausage, Beans, Peas or Sweetcorn Mashed Potato	Fish and Chips. Peas, Beans or Sweetcorn &
Gluten, Cereal, Milk	Gluten, Cereal	Gluten, Cereal	Gluten, Cereal	Fish, 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 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
DESSERT				
Oatie Cookies. Milk Drink	Buffalo Sponge & Custard	Jelly & Cream	Butterscotch Tart	Doughnuts. Milk Drink
Gluten, Cereal, Milk	Gluten, Cereal, Milk, Egg	Milk	Gluten, Cereal	Gluten, Milk, Soya, Cereal

Allergens in Red.

Fresh fruit and yoghurt available every day



Week Commencing 11.11.24

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 Pork and Stuffing Carrots, Cabbage & Roast Potatoes	Homemade Lasagne, Peas & Garlic Bread	Sausage, Beans & Mashed Potato	Fish Cake, Peas, Beans or Sweetcorn & Chips
Gluten, Cereal	Gluten, Cereal	Gluten, Cereal, Milk	Gluten, Cereal	Fish, 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 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
DESSERT				
Fudge Slice, Milk Drink	Cornflake Tart & Custard	Fresh Fruit	Butterscotch Tart	Banana Loaf & Milk Drink
Cereal, Gluten, Milk	Cereal, Gluten, Milk		Gluten, Cereal	Cereal, Gluten, Milk, Egg

Allergens in Red

Fresh fruit and yoghurt available every day



Week Commencing 18.11.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Chicken Hotpot With Mixed Vegetables & Sauté Potatoes	Roast Dinner, Carrots, Cauliflower & Roast Potatoes	Spaghetti Bolognese, Peas & Garlic Bread	Sausage, Beans & Mashed Potato	Fish Stars, Peas, Beans or Sweetcorn & Chips
Gluten	Gluten, Cereal	Gluten, Cereal	Gluten, Cereal	Fish, Gluten
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 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
DESSERT				
Orange Shortbread & Milk Drink	Bakewell Tart & Custard	Angel Delight	Butterscotch Tart	Cupcakes & Milk Drink
Cereal, Gluten, Milk	Gluten, Milk, Egg		Gluten, Cereal	Eggs, Cereal, Gluten, Milk

Allergens in Red

Fresh fruit and yoghurt available every day



Week Commencing 25.11.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Sweet & Sour Pork with green beans, ½ rice & ½ petit pan Gluten, Cereal	Roast Dinner Carrots, Broccoli & Roast Potatoes Cereal, Gluten, Milk, Egg	Pasta Bake Peas & Garlic Bread Gluten, Milk	Sausage, Beans & Mashed Potato Gluten	Fish, Peas, Beans or Sweetcorn & Chips Fish, 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, Fish, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Fish, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Fish, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Fish, Mustard	Jacket Potato with a choice of Beans/Cheese or Tuna Mayo Milk, Cereal, Egg, Fish, Mustard
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Fish, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Fish, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Fish, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Fish, Milk, Gluten	Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake Egg, Mustard, Fish, Milk, Gluten
DESSERT				
Flapjack & Milk Drink Milk	Sprinkle Cake & Custard Eggs, Cereal, Gluten, Milk	Cheesecake Cereal, Gluten, Milk	Butterscotch Tart Gluten, Cereal	Raspberry & White Chocolate Tray Bake. Milk Drink Gluten, Wheat, Cereal, Egg; Milk

Allergens in Red

Fresh fruit and yoghurt available every day



Week Commencing 02.12.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Beef Burgers & Red Sauce Corn on the Cob Coleslaw	Roast Dinner Carrots, Cabbage & Roast Potatoes	Chicken Casserole Sauté Potatoes Half Bread	Sausage, Beans & Mash Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten; Cereal	Gluten, Cereal	Gluten, Cereal	Gluten, Cereal	Fish, 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 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
DESSERT				
Choc Chip Cookies Milk Drink	Sprinkle cake & Custard	Oatie Crumble & Custard	Butterscotch Tart	Chocolate Brownie Milk Drink
Gluten, Cereal, Milk	Gluten, Cereal, Milk, Egg	Gluten, Cereal, Milk	Gluten, Cereal	Wheat, Gluten, Cereal, Milk, Egg

Allergens in Red

Fresh fruit and yoghurt available every day



Week Commencing 09.12.24


Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
All Day Breakfast Beans & Tomato Hash Brown ½ Toast <i>Gluten, Cerael</i>	Roast Dinner, Carrots, Broccoli & Roast Potatoes <i>Gluten, Cereal</i>	Cottage Pie with Peas	Sausage, Beans & Mashed Potato <i>Gluten, Cereal</i>	Fish Cake Peas, & 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 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>
DESSERT				
Fudge Slice & Milk Drink <i>Gluten, Cereal, Milk</i>	Ginger Shortcake & Custard <i>Gluten, Cereal, Milk</i>	Cheese & Crackers <i>Gluten, Cereal, Milk</i>	Butterscotch Tart <i>Gluten, Cereal</i>	Krispie Cake & Milk Drink <i>Gluten, Cereal, Milk</i>

Allergens in Red

Fresh fruit and yoghurt available every day



Week Commencing 14.10.24

Monday	Tuesday	Wednesday	Thursday	Friday
OPTION 1	OPTION 1	OPTION 1	OPTION 1	OPTION 1
Pizza Beans & Wedges	Christmas Dinner with Stuffing & Pigs in Blankets Peas, Carrots, Brussel Sprouts, Mash or Roast Potato 	Chilli Con Carni, Peas Tortilla	Sausage, Beans & Mashed Potato	Fish, Peas, Beans or Sweetcorn & Chips
Gluten, Cereal, Milk	Gluten, Cereal	Gluten, Meat	Gluten	Fish, Cereal, Gluten
OPTION 2	OPTION 2	OPTION 2	OPTION 2	OPTION 2
Jacket Potato with a choice of Beans/Cheese or Tuna Mayo	NO JACKET POTATO OPTION AVAILABLE	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
OPTION 3	OPTION 3	OPTION 3	OPTION 3	OPTION 3
Egg, Cheese, Tuna or Ham Sandwich Crunchy Sticks Fruit, Yoghurt, Biscuit or Cake	NO SANDWICH OPTION AVAILABLE	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
DESSERT				
Flapjack & Milk Drink	Iced Chocolate shortcake & Custard	Christmas Biscuit	Butterscotch Tart	Christmas Ice Cream
Milk	Gluten, Cereal, Milk	Gluten, Cereal	Gluten, Cereal	Milk

Allergens in Red

Fresh fruit and yoghurt available every day



THE PARKGATE ACADEMY
LABOR OMNIA VINCIT



Fresh fruit and yoghurt available every day