























Parc Eglos School Menu

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
Steak Pasty or Cheese Pasty or Ham Baguette	Homemade Pasta Bolognaise or Cheese Sandwich	Roast Ham, Roast Potatoes, Seasonal Veg and Gravy or Tuna Sandwich	Breaded Chicken Wrap with Vegetable Rice or Cheese Baguette	Sausage, Chips and Beans
Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily
 Yoghurt  Fruit  Cake  Biscuit	 Yoghurt  Fruit  Cake  Biscuit	 Yoghurt  Fruit  Cake  Biscuit	 Yoghurt  Fruit  Cake  Biscuit	 Yoghurt  Fruit  Cake  Biscuit

- ❖ Fresh salad or seasonal vegetables will be available daily along with fruit and bread rolls.
- ❖ The pasta bolognaise sauce is freshly homemade with 'hidden veg'.
- ❖ All meat locally sourced.



Parc Eglos School Menu

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Feast Pizza or Margherita Pizza or Tuna Sandwich	Jacket Potato with Beans or Jacket Potato with Cheese or Ham Baguette	Carole's Chicken Pie, Boiled Potatoes and Seasonal Vegetables or Cheese Sandwich	Homemade Meatballs in Sauce with Pasta or Egg Mayo Sandwich	Fish Fingers, Chips and Peas
Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily
🍴 Yoghurt 🍴 Fruit 🍴 Cake 🍴 Biscuit	🍴 Yoghurt 🍴 Fruit 🍴 Cake 🍴 Biscuit	🍴 Yoghurt 🍴 Fruit 🍴 Cake 🍴 Biscuit	🍴 Yoghurt 🍴 Fruit 🍴 Cake 🍴 Biscuit	🍴 Yoghurt 🍴 Fruit 🍴 Cake 🍴 Biscuit

- ❖ Fresh salad or seasonal vegetables will be available daily along with fruit and bread rolls.
- ❖ The meatballs and sauce are both freshly homemade and the sauce contains 'hidden veg'.
- ❖ All meat locally sourced.



Parc Eglos School Menu

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Bake or Cheese Baguette	Build Your Own Burger or Tuna Sandwich	Sausage, Mash, Yorkshire Pudding, Peas and Gravy or Cheese Baguette	Sliced Potato Topped Beef Pie and Seasonal Vegetables or Ham Sandwich	Fish, Chips and Mushy Peas
Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily	Selection of Deserts Daily
🍌 Yoghurt 🍌 Fruit 🍰 Cake 🍪 Biscuit	🍌 Yoghurt 🍌 Fruit 🍰 Cake 🍪 Biscuit	🍌 Yoghurt 🍌 Fruit 🍰 Cake 🍪 Biscuit	🍌 Yoghurt 🍌 Fruit 🍰 Cake 🍪 Biscuit	🍌 Yoghurt 🍌 Fruit 🍰 Cake 🍪 Biscuit

- ❖ Fresh salad or seasonal vegetables will be available daily along with fruit and bread rolls.
- ❖ All meat locally sourced.