

Menu Cycle

2022 Summer Term

w/c 25 th April	Week 1
w/c 2 nd May	Week 2
w/c 9 th May	Week 1
w/c 16 th May	Week 2
w/c 23 rd May	Week 1
w/c 30 th May	Half Term
w/c 6 th June	Week 1
w/c 13 th June	Week 2
w/c 20 th June	Week 1
w/c 27 th June	Week 2
w/c 4 th July	Week 1
w/c 11 th July	Week 2
w/c 18 th July	Week 1

2022 Autumn Term

w/c 5 th September	Week 1
w/c 12 th September	Week 2
w/c 19 th September	Week 1
w/c 26 th September	Week 2
w/c 3 rd October	Week 1
w/c 10 th October	Week 2
w/c 17 th October	week 1

Dates shown in red are holiday weeks



High Park School
Learning for Life

High Park School

Lunch Menu

All our dishes are homemade daily.

We continue to follow the healthy eating guidelines to ensure the pupils are always offered a healthy well balanced menu.

- ✓ All meat & poultry used will be locally sourced
- ✓ All fresh fruit & vegetables will be locally sourced
- ✓ All our fish, vegetarian & cheese dishes are suitable for Muslims
- ✓ All our dessert items are suitable for vegetarians & Muslims
- ✓ We do not use preservatives or additives that are unsuitable for children
- ✓ We have a no nut & no genetically modified ingredient policy

MENU – WEEK 1

MONDAY

Main course

V Chickpea and spinach curry with rice or naan
V Cheese & tomato flan with salad

Dessert

Orange zest muffin, fresh fruit, jelly or yoghurt

TUESDAY

Main course

V Jacket potato with cheese and beans
H/I Breaded chicken strips with half jacket potato and beans

Dessert

Lemon cookie, fresh fruit, jelly or yoghurt

WEDNESDAY

Main course

V Creamy lentil curry with pitta bread
F Battered fish with new potatoes and peas

Dessert

Cherry cake, fresh fruit, jelly or yoghurt

THURSDAY

Main course

V Cauliflower and cheese bites with potato wedges and salad
H/I Chicken and broccoli pasta with potato wedges and salad

Dessert

Oatmeal biscuit, fresh fruit, jelly or yoghurt

FRIDAY

Main course

V Margarita pizza with chips and beans

Dessert

Raspberry topped chocolate mousse, fresh fruit, jelly or yoghurt

MENU – WEEK 2

MONDAY

Main course

V Pea and potato curry with rice or naan
V Vegetable puff with seasonal greens

Dessert

Peach bun, fresh fruit, jelly or yoghurt

TUESDAY

Main course

V Naked bean burger with potato wedges and peas
H/I Sausage with potato wedges and peas

Dessert

Vanilla cookie, fresh fruit, jelly or yoghurt

WEDNESDAY

Main course

V Hidden vegetable tomato pasta with salad
H/I Chicken dopiaza with peas and rice

Dessert

Strawberry mousse, fresh fruit, jelly or yoghurt

THURSDAY

Main course

V Macaroni Cheese with carrots and broccoli
F Lemon pepper fish cakes with carrots and broccoli

Dessert

Blueberry muffin, fresh fruit, jelly or yoghurt

FRIDAY

Main course

V Margarita pizza with chips and beans

Dessert

Light chocolate mousse, fresh fruit, jelly or yoghurt

V Vegetarian Option

I Traditional Option

H Halal Option

F Fish Option