

# Parmiter's Lunch Menu - 8/6/26



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	Sports day	Vegetable sausage casserole Chicken crunch wrap	Garlic beef enchiladas Hungarian mushroom stew with cheese and rosemary scone	Braised pork with apples Vegetarian scotch egg	Battered pollock Stuffed peppers
<b>HOT GRAB &amp; GO</b>	Sports day	Steak bake Vegetable spring roll	Cheese and onion slice Lamb samosa	Hojsin chicken drumsticks Vegetable samosa	Vegetable burger Creamy chicken slice
<b>PREPARED SALADS</b>	Sports day	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad
<b>BAKED DESSERT</b>	Sports day	Apple crumble	Jam sponge	Chocolate cake	Sprinkle cake

Allergen information is displayed at the point of service

Available every day:

Pasta & Noodle Bar  
Selection of sandwiches & paninis  
Jacket potatoes with hot fillings

Fresh baked Focaccia rolls  
Fruit pots & cold desserts  
Fresh fruit

