

# Parmiter's Lunch Menu - 6/7/26



|                          | Monday                                    | Tuesday  | Wednesday                             | Thursday                         | Friday                                     |
|--------------------------|---|--|---------------------------------------|----------------------------------|--|
| <b>MAIN MEAL</b>         | Southern chicken steak<br>Vegetable slice | Vegetable mousakka<br>Pork loin steak with herb dressing | Roast chicken<br>Vegetable curry      | Frittata<br>Chicken burrito      | Battered pollock<br>Vegetable toad in hole |
| <b>HOT GRAB &amp; GO</b> | Vegetable spring roll<br>Lamb samosa      | Steak bake<br>Vegetable samosa                           | Cheese and onion slice<br>Beef burger | Cornish pasty<br>Vegetable rice  | Vegetable burrito<br>Creamy chicken slice  |
| <b>PREPARED SALADS</b>   | Pesto pasta salad<br>Chefs salad          | Pesto pasta salad<br>Chefs salad                         | Pesto pasta salad<br>Chefs salad      | Pesto pasta salad<br>Chefs salad | Pesto pasta salad<br>Chefs salad           |
| <b>BAKED DESSERT</b>     | Apple crumble                             | Fruit flapjack   | Lemon drizzle                         | Chocolate cake                   | Ice lolly                                  |

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

