



Parmiter's Lunch Menu - 5/10/26

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Southern fried chicken with slaw Vegetable goulash	Vegetable mousakka Gammon steak	Beef casserole Butternut squash and cannellini bean gratian	Vegetable curry Chicken bacon and leek pasty	Fish cake Vegetable cottage pie
HOT GRAB & GO	Steak bake Vegetable samosa	Vegetable slice Bbq chicken drumsticks	Chicken tikka slice Spring roll	Cajun mac and cheese Lamb samosa	Hot Dog Cheese and onion bake
PREPARED SALADS	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad	Pesto pasta salad Chefs salad
BAKED DESSERT	Jam sponge	Fruit crumble	Chocolate cake	Fruit flapjacks	Pineapple upside down cake
SOUP OF THE DAY	Tomato red lentil and chilli	Cheese, potato and garlic	Minestrone	Carrot and coriander	Chicken and vegetable

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

