

MENU WEEK 1



PARSONS GREEN PREP

17/04/24-19/04/24 06/05/24-10/05/24 17/06/24-21/06/24 08/07/24-10/07/24

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpet Pineapple wedges	Freshly baked courgette cake Apple slices	Pitta and hummus Orange wedges	Freshly made banana and raisin flap jack Watermelon	Cinnamon pinwheel Sliced pear
DAILY SOUP FRESHLY BAKED BREAD	Courgette and tomato soup	White bean and kale	Black bean soup	Potato and leek	French onion
VEGETARIAN OPTION	Filo spinach and feta tart	Spanish omelette With Tofu Lemon aioli	Mixed bean Burrito	Red lentil and vegetable dahl with paneer	Vegetable pizza
MAINS	BBQ marinated chicken Or Halal BBQ marinated chicken	Tomato chicken and chorizo stew Or Tomato, halal chicken stew	Beef chili con carne Or Halal chili con carne	Grilled chicken tikka Or Halal grilled chicken tikka	Cod fish fingers Tartar sauce Mushy peas
ON THE SIDE	Herb couscous Ratatouille Roasted broccoli Greek salad Lemon dressing	Sauteed potatoes Roasted carrots Leeks	Turmeric rice Charred corn Mexican spiced courgettes Sour cream Freshly made salsa	Bombay potato wedges Flat bread Coriander chutney Spiced cabbage Okra Raita	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Toffee sweet potato cake

SELECTION OF FRESH CUT FRUIT, YOGHURT, jellys & DAILY SMOOTHIE PLUS A DAILY SALAD BAR

