

MENU WEEK 1

20-04-26 / 24-04-26 11-05-26 / 15-05-26 01-06-26 / 05-06-26 22-06-26/26-06-26



PARSONS GREEN PREP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING SNACK	Raisin bread Sliced pear	Cranberry Flap Jack Honeydew Melon	Pancakes Pineapple	Lemon cake Apple wedges	Cucumber sticks & hummus Orange wedges
DAILY SOUP FRESHLY BAKED BREAD	Sweet potato soup	Carrots & spinach soup	Corn chowder soup	Lentil & potato soup	Chunky vegetable soup
VEGETARIAN OPTION	Vegetable, bean, cheese & potato omelette	Chickpea, vegetable & tomato ragu with Spaghetti	Creamy mushroom & Tofu risotto	Cauliflower steak with a hummus & roasted red pepper top	Plant base fish fingers
MAIN	Roasted chicken enchiladas	Beef Spaghetti Bolognese Or Halal Chicken Spaghetti Bolognese	Creamy garlic & herbs chicken	Roast beef & Yorkshire pudding Or Halal chicken With a rich gravy	Cod fish fingers or Buttered fish
ON THE SIDE	Steamed broccoli Seasoned roast carrots Boiled new potatoes	Garlic & tomato focaccia Fresh green beans Sweetcorn	Herb couscous Courgette Provençale Savoy cabbage	Roasted potatoes Roasted root vegetables Braised red cabbage	Chunky oven chips, Mushy peas Baked beans FRIDAY TREAT Carrot Cake

SELECTION OF FRESH CUT FRUIT, YOGHURT, JELLY'S & DAILY SMOOTHIE PLUS A DAILY SALAD BAR

