

MENU WEEK 3

29/04/24-03/05/24 20/05/24-24/05/24 10/06/24-14/06/24 01/07/24-05/07/24



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese and tomato pitta pizza Honey dew melon	Freshly baked sugar free banana bread Apple slices	Shortbread Pineapple	Pumkin seed, date and oat bar Orange wedges	Lemon cake Plums
DAILY SOUP FRESHLY BAKED BREAD	Curried cauliflower	Hot and sour	Pea and mint	Sweet potato and roasted red pepper	Tomato and fresh basil
VEGETARIAN OPTION	Leek and barley bake	Fresh vegetable summer roll with plum sauce	Roasted vegetable empanadas	Curried chickpeas naan bread raita	Freshly made vegetable sausage dogs
DISH OF THE DAY	Chicken, bacon and leek casserole Or Halal chicken and leek casserole with cheddar dumplings	Stir fried pork Or Stir fried chicken	Cajun chicken tacos	Buttered chicken curry Or Halal buttered chicken curry	Cod fish fingers tarter sauce mushy peas
ON THE SIDE	Potato Gratian Baked fennel and peas Steamed beetroot	Rice noodles Chinese stir fried vegetables Rice Green beans and tofu	Chipolata pinto beans Sweetcorn Guacamole Wholegrain tortillas wraps Roasted Mexican courgette Mexican slaw	Basmati rice Cajun cauliflower Saag Aloo Naan bread Mango chutney Onion and cumin salad	Chunky oven chips Garden peas Baked beans FRIDAY TREAT Beetroot brownie

SELECTION OF FRESH CUT FRUIT, YOGURT, JELLY & SMOOTHIES PLUS A DAILY SALAD BAR

