

MENU WEEK 3

04-05-26 / 08-05-26 15-06-26 / 19-06-26 06-07-26 / 08-07-26



PARSONS GREEN PREP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING SNACK	Toasted crumpets Orange wedges	Carrot cake Apple	Mini tomato pizzas Melon Slices	Pesto & cheese rolls Pineapple portions	Shortbread cookies Pear wedges
DAILY SOUP FRESHLY BAKED BREAD	Carrot & coriander soup	Onion soup	Broccoli soup	Spicy tomato soup	Mulligatawny Soup
VEGETARIAN OPTION	Vegetable paella with paneer	Mushroom, lentil & vegetable lasagna	Sweetpotato & Chickpea curry	White bean & vegetable tagine	Plant base burgers in a floured bun
MAIN	Chicken & vegetable paella	Beef lasagna Or Chicken lasagna	Mild chicken Curry	Pork & apricot tagine Or Chicken & vegetable stew	Beef burger Or Chicken burger In a floured bun
ON THE SIDE	Seasoned wedges Cumin roast cauliflower Mediterranean vegetables	Garlic & olives Focaccia Roasted carrots Green beans	Wholemeal Rice Saag aloo Roast parsnips Charred corn	Fruity Couscous Steamed broccoli Courgette Provençale	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Chocolate & raspberry brownie

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

