

MENU WEEK 1

03-09-25 / 05-09-25 22-09-25 / 26-09-25 13-10-25 / 17-10-25 17-11-25/21-11-25 08-12-25/10-12-25



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Raisin Bread Sliced Pear	Coconut Flap Jack Honeydew Melon	Shortbread Cookies Pineapple	Lemon Cake Apple Wedges	Cucumber Sticks & Hummus Orange Wedges
DAILY SOUP FRESHLY BAKED BREAD	Sweet Potato Soup	Courgette & Spinach Soup	Spiced Cauliflower Soup	Red Lentil Soup	Garden Vegetable Soup
VEGETARIAN OPTION	Vegetable, Cheese & Potato Omelette	Bean, Vegetable & Tomato Ragu with Spaghetti	Creamy Mushroom & Tofu Risotto	Chickpea & Spring Onion Chilli	Plant Base Fish Fingers
MAIN	Roasted Chicken Enchiladas With Peppers	Beef Bolognese Or Chicken Bolognese With Spaghetti	Creamy Mushroom chicken	Lamb Keema Curry Or Mild Chicken Curry	Cod Fish Fingers or Battered fish
ON THE SIDE	Steam Broccoli Cumin Roasted Carrots Boiled New Potatoes	Garlic & Tomato Focaccia Green Beans Roasted Butternut Squash	Herb Couscous Roasted carrots Grilled Tomatoes	Steamed Brown & White Rice Roasted peppers Cumin Cauliflower	Chunky Oven Chips, Mushy Peas Baked Beans FRIDAY TREAT Upside Down Pineapple Cake

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

