

MENU WEEK 1

22-04-25 / 25-04-25

12-05-25 / 16-05-25

09-06-25 / 13-06-25

30-06-25/04-07-25



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Raisings bread Sliced pear	Raising Flap Jack Honeydew Melon	Pancakes Pineapple	Lemon cake Apple wedges	Cucumber sticks & hummus Orange wedges
DAILY SOUP FRESHLY BAKED BREAD	Sweet potato Soup	Courgette & Spinach Soup	Spiced cauliflower Soup	Lentil & potato Soup	Chickpea & Vegetables Soup
VEGETARIAN OPTION	Vegetables, Cheese & Potato Omelet	Bean, vegetable & tomato ragu with Spaghetti	Creamy mushroom Seitan	Chickpea & Quorn chilli	Plant base fish fingers
MAIN	Roasted Chicken Enchiladas	Beef Spaghetti Bolognese Or Halal Chicken Spaghetti Bolognese	Creamy mushroom chicken	Beef Chilli con carne	Cod fish fingers or Buttered fish
ON THE SIDE	Steam Broccoli Seasoned roast carrots Boiled new potatoes	Garlic & tomato focaccia Green beans Sweetcorn	Herb cous-cous Roasted carrots Grilled tomatoes	Steamed rice Tortilla chips Roasted peppers Sour cream Tomato salsa	Chunky oven chips, Mushy peas Baked beans FRIDAY TREAT Banana & Cinnamon Cake

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

