

MENU WEEK 2

08-09-25 / 12-09-25 29-09-25 / 03-10-25 03-11-25 / 07-11-25 24-11-25 / 28-11-25



PARSONS GREEN PREP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING SNACK	Pitta Bread Sticks With Roasted Pepper Hummus Melon Slices	Cheese & Tomato Quesadillas Pear Wedges	Banana & Cinnamon Cake Apple Wedges	Cheese & Crackers Orange wedges	Carrot Sticks & Cream Cheese Pineapple Slices
DAILY SOUP FRESHLY BAKED BREAD	Leek & Potato Soup	Pea & Fresh Mint Soup	Cauliflower & Chive Soup	Roasted Butternut Squash Soup	Chunky Vegetable Soup
VEGETARIAN OPTION	Plant Base Sausages With Onion Gravy	Red Lentil & Tofu Dahl	Vegetable & Mixed Bean Lasagna	Lemon Roasted Seitan	Margarita Pizza Or Dairy Free Option
MAIN	Pork Or Chicken Sausages With Onion Gravy	Tandoori Chicken	Beef Lasagna Or Chicken Lasagna	Lemon Roasted Chicken	Meat Feast (Chicken & Beef) Pizza
ON THE SIDE	Mashed Potatoes Garden Peas Carrots	Pilau Rice Vegetable medley Sweetcorn Mango Chutney Raita	Garlic & Olive Focaccia Roasted Carrots Broccoli	Garlic & Coriander New Potatoes Ratatouille Green beans	Seasoned Oven Baked Wedges, Garden peas Baked beans FRIDAY TREAT Coconut & Jam Sponge With Custard

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

