

MENU WEEK 2



PARSONS GREEN PREP

28-04-25 / 02-05-25

19-05-25 / 23-05-25

16-06-25 / 20-06-25

07-07-25 / 09-07-25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Pitta bread sticks & roasted pepper hummus Melon slices	Cheese & tomato Quesadillas Pear wedges	Banana & cinnamon bread Apple wedges	Cheese sticks Orange wedges	Carrot sticks & cream cheese Pineapple slices
DAILY SOUP FRESHLY BAKED BREAD	Leek & Potato Soup	Rice, Peas, & Carrots Soup	Cauliflower and chive Soup	Roasted Butternut Squash Soup	Chunky Vegetable Soup
VEGETARIAN OPTION	Quorn, squash & spinach baked Gnocchi	Tofu tikka masala	Vegetable & bean wellington	Lemon Roasted Seitan	Margarita Pizza Or Dairy free option
MAIN	Tuna pasta bake Or Pasta with tomato sauce	Chicken tikka masala	Beef Pie or Halal Chicken Pie	Lemon Roasted Chicken	Chicken pizza or Salami Pizza
ON THE SIDE	Mediterranean Roasted Vegetables Garlic Bread	Vegetable medley Sweetcorn Pilau rice	Mashed Potatoes Veggie Gravy Steam Broccoli Carrots	Garlic & coriander new potatoes Ratatouille Green beans	Seasoned oven baked wedges, Garden peas Baked beans FRIDAY TREAT Beetroot brownie

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

