

# MENU WEEK 3

15-09-25 / 19-09-25    06-10-25 / 10-10-25    10-11-25 / 14-11-25    01-12-25/05-12-25



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Toasted Buttered Crumpets Orange wedges	Mix spice Carrot cake & Apple slices	Mini Margaritta pizzas & Melon Slices	Chocolate chip cookies & Pear wedges	Pesto & cheese rolls & Pineapple portions
<b>DAILY SOUP FRESHLY BAKED BREAD</b>	Carrot & Coriander Soup	Onion & Potato Soup	Roasted Broccoli Soup	Spicy Tomato & Herb Soup	Minestrone Soup
<b>VEGETARIAN OPTION</b>	Squash, Spinach & Sunflower Seeded Baked Gnocchi	Macaroni, Leek & Cheddar Bake	Sweet Potato & Chickpea Curry	Stir Fry Tofu With Vegetables	Plant Base Hot dogs With Sauteed Onions
<b>MAIN</b>	Tuna Pasta Bake Or Pasta with tomato sauce With Wholemeal Pasta	Maple Glazed Pork Loin Or Maple Glazed Roast Chicken	Mild Katsu Chicken With Katsu Curry Sauce	Stir Fry Beef Noodles Or Stir Fry Chicken Noodles	Pork Hot Dogs Or Chicken Hot Dogs With Sauteed Onions
<b>ON THE SIDE</b>	Mediterranean Roasted Vegetables Garlic & Tomato Bread Seasonal Salad	Hasselback Potatoes Veggie Gravy Steam Broccoli Carrots	Steam Rice Saag Aloo Roast Parsnips Tomato, Onion & Coriander Salad	Spring rolls Corn On The Cob Chinese Vegetables	Chunky Oven Chips, Chunky Pineapple Coleslaw BBQ Beans  <b>FRIDAY TREAT</b> Beetroot Brownie

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

