

MENU WEEK 3

06-05-25 / 09-05-25 02-06-25 / 06-06-25 23-06-25 / 27-06-25



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpets Orange wedges	Carrot cake Apple	Mini tomato pizzas Melon Slices	Pesto & cheese rolls Pineapple portions	Shortbread cookies Pear wedges
DAILY SOUP FRESHLY BAKED BREAD	Carrot & coriander Soup	Onion Soup	Broccoli Soup	Spicy Tomato Soup	Minestrone Soup
VEGETARIAN OPTION	Vegetable paella	Mushroom & Vegetable Lasagna	Sweetpotato & Chickpea curry	White bean & vegetable tagine	Plant base Burgers in a bun
MAIN	Chicken & vegetables paella	Beef Lasagna Or Chicken Lasagna	Mild chicken Curry	Pork & apricot tagine Or Chicken & vegetable stew	Beef Burgers Or Chicken Burgers In a bun
ON THE SIDE	Seasoned wedges Cumin roast cauliflower Mediterranean vegetables	Garlic & Olives Focaccia Roasted carrots Green beans	Steam Rice Saag aloo Roast parsnips	Fruity Cous-cous Steam Broccoli & cauliflower	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Fruit salad pots

SELECTION OF FRESH CUT FRUIT, YOGHURT, JELLYS & DAILY SMOOTHIE PLUS A DAILY SALAD BAR

