

# MENU WEEK 1

04/01/24-05/01/24 22/01/24-26/01/24 19/02/24-23/02/24



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Toasted crumpet Pineapple wedges	Freshly baked courgette cake Apple slices	Pitta and hummus Orange wedges	Freshly made banana raisin and flap jack Watermelon	Cinnamon pinwheel Sliced pear
<b>DAILY SOUP FRESHLY BAKED BREAD</b>	Celeric soup	White bean and kale	Tomato and herb	Potato and leek	French onion
<b>VEGETARIAN OPTION</b>	Tofu rice noodle bowl	Spanish omelette With Lemon aioli	Quorn and vegetable Lasagne	Butternut and bean fritters with yoghurt	Vegetable pizza
<b>DISH OF THE DAY</b>	Honey and garlic chicken Or Halal honey and garlic chicken	Tomato chicken and chorizo stew Or Tomato, halal chicken stew	Beef lasagne Or Halal beef lasagne	Beef and mushroom pie Or Halal beef and mushroom pie	Cod fish fingers tartar sauce and mushy peas
<b>ON THE SIDE</b>	Fried rice and vegetables Steamed kale Roasted broccoli Cucumber salad Lemon dressing	Sauteed potatoes Peas and carrots Savoy cabbage	Roasted carrots Sauteed leeks Rocket salad Freshly made garlic bread	Sauteed brussels Crispy roast potatoes Baked carrot and parsnips	Chunky oven chips, Garden peas Baked beans  <b>FRIDAY TREAT</b> Toffee sweet potato cake

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

