

MENU WEEK 3

15/01/24-19/01/24 05/02/24-09/02/24 04/03/24-08/03/24 18/03/24-22/03/24



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese and tomato pitta pizza Honey dew melon	Freshly baked sugar free banana bread Apple slices	Shortbread Pineapple	Pumkin seed, date and oat bar Orange wedges	Lemon cake Plums
DAILY SOUP FRESHLY BAKED BREAD	Vegetable broth	Potato and cheese	Pea. and mint	Sweet Potato and roasted red pepper	Tomato and fresh basil
VEGETARIAN OPTION	Vegetable and tofu suet steamed pudding	Mushroom, quorn and butternut squash filo parcels	Roasted vegetable empanadas	Paneer and button mushroom korma	Freshly made vegetable sausage dogs
DISH OF THE DAY	Chicken, bacon and leek casserole Or Halal chicken and leek casserole with cheddar dumplings	Pulled pork with Yorkshire pudding Or Pulled halal chicken with Yorkshire pudding	Cajun chicken tacos	Mild beef and vegetable madras Or Halal beef and vegetable madras	Cod fish fingers with tarter sauce and mushy peas
ON THE SIDE	Braised cabbage Buttered steamed new potatoes with fresh herbs Baked Celeriac	Squash roasted new potatoes Roast mixed vegetables Leek gratin Apple sauce	Chipolata pinto beans Sweetcorn Guacamole Wholegrain Tortillas wraps Roasted Mexican courgette Mexican slaw	Basmati rice Cajun cauliflower Saag Aloo Naan bread Mango chutney Onion and cumin salad	Chunky oven chips Garden peas Baked beans FRIDAY TREAT Beetroot brownie

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

