

MENU WEEK 1

07-01-26/09-01-26 * 26-01-26/30-01-26 * 23-02-26/27-02-26 * 16-03-26/20-03-26



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpets with butter Pineapple wedges	Carrot cake Apples wedges	Pitta with sweet potato hummus Orange wedges	Raisin flapjack Honeydew melon	Cinnamon pinwheel Sliced pear
DAILY SOUP FRESHLY BAKED BREAD	Roasted broccoli soup	Minestrone soup	Pea & mint soup	Potato leek soup	Carrot & coriander soup
VEGETARIAN OPTION	Honey glazed Tofu, squash & spinach baked gnocchi	Chickpea and sweet potato curry	Lentils and vegetable pie topped with mash potato	Stuffed peppers with roasted tofu, vegetables & couscous	Plant base sausages with vegan gravy
MAIN	Tuna pasta bake Pasta – wholemeal with tomato sauce Or with cheese sauce	Chicken tikka Marsala with mango chutney & raita	Shepherds pie topped with mash potato	Roasted garlic & herb chicken	Leek & pork sausages Or Chicken sausages
ON THE SIDE	Mediterranean roasted vegetables Garden peas Garlic bread	Steam brown & white rice Green beans Cumin spiced cauliflower	Creamed swede Honey roast parsnips	Seasoned roast sweet potatoes Savoy cabbage Ratatouille	Creamy mash potatoes Steam carrots Steam broccoli Red onion gravy FRIDAY TREAT Banana cake

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

