

MENU WEEK 2

12-01-26/16-01-26 * 02-02-26/06-02-26 * 02-03-26/06-03-26 * 23-03-26/27-03-26



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Ginger biscuits Orange wedges	Cucumbers sticks & hummus Apple wedges	Herb bread sticks & cream cheese Pineapple wedges	Jam & butter mini sandwich Melon slices	Sun-dried tomato & olive focaccia Pear slices
DAILY SOUP FRESHLY BAKED BREAD	Red lentil & sweet potato soup	Roasted Butternut soup	Sweet potato & chives soup	Spiced Tomato soup	Chunky Garden Vegetables soup
VEGETARIAN OPTION	Vegetarian Spanish Omelet	Vegan Moussaka	Vegan mushroom & bean wellington	Tofu, spinach and potato curry	Vegetable bean burger
MAIN	Roasted chicken & vegetable enchiladas	Beef lasagna Or Chicken lasagna	Lamb & vegetable stroganoff	Tandoori chicken with naans	Freshly made beef burger or Chicken burger
ON THE SIDE	Steam Broccoli Carrots Steam new potatoes Tortillas	Vegetable medley Rocket, red onion & parmesan salad Garlic bread slices	Mashed potato Sweetcorn Cauliflower	Brown & white rice Masala roasted carrots Sauteed spinach Raita	Chunky oven rosemary chips, Garden peas Baked beans FRIDAY TREAT Beetroot brownie

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

