

# MENU WEEK 3

19-01-26/23-01-26 \* 09-02-26/13-02-26 \* 09-03-26/13-03-26



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Oat biscuits Sliced pears	Corn cake Melon wedges	Mini tomato pizzas Apple wedges	Carrots sticks & hummus Pineapple portions	Cinnamon banana bread Orange wedges
<b>DAILY SOUP FRESHLY BAKED BREAD</b>	French onion soup	White bean & kale soup	Sweet potato & red pepper soup	Corn chowder soup	Roasted Zucchini soup
<b>VEGETARIAN OPTION</b>	Vegetable & paneer paella	Bean & vegetables burrito	Crispy tofu & Vegetable noodles	White bean & vegetable casserole with dumpling	Plant base fish fingers
<b>MAIN</b>	Chicken & vegetable paella	Chilli con carne Or Chicken chilli	Sweet & sour chicken	Beef & bean stew with dumpling Or Chicken & beans stew with dumpling	Cod fish fingers
<b>ON THE SIDE</b>	Green beans Roasted cauliflower Gratin potatoes	Coriander & lime brown & white rice Charred corn Steam edamame Guacamole Green mango Salsa	Egg noodles Stir fry vegetables Steamed kale	Steam new potatoes Steamed carrots Garden peas	Chunky oven chips, Mushy peas Baked beans  <b>FRIDAY TREAT</b> Apple crumble

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

