

MENU WEEK 1



PARSONS GREEN PREP

03-09-26 / 04-09-26 21-09-26 / 25-09-26 12-10-26 / 16-10-26 16-11-26/20-11-26 07-12-26/10-12-26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Banana bread (GW, So) Gluten free option Sliced pear	Cranberry flap jack (GO) Honeydew melon	Crackers & cream cheese (GW, M) Gluten free & dairy free option Sliced pineapple	Lemon cake (GW, So, E) Lemon cake Apple wedges	Cucumber sticks & hummus Orange wedges
DAILY SOUP FRESHLY BAKED BREAD	Sweet potato & Chilli flakes	Carrots & spinach soup	Creamy corn soup with fresh parsley	Lentil, carrot, & leek soup	Creamy hearty vegetable soup
VEGETARIAN OPTION	Mushroom, cheese & potato omelet (E, M)	Quinoa, edamame bean & vegetable stuffed peppers	Sweet & sour mushroom & Tofu stir fry (So)	Cauliflower steak with roasted pepper hummus	Plant base fish fingers (GW, So)
MAIN	Penne pasta with Bean cassoulet (GW), Cheese sauce (M) or Tomato sauce Jacket potatoes with Baked beans & Cheese (M)	Garlic & lemon roasted chicken	Sweet & sour pork or sweet & sour chicken	Lamb korma curry Garlic naans (GW)	Cod fish fingers (GW, F) or Buttered fish (GW, F)
ON THE SIDE	Steamed broccoli & cauliflower Cumin seasoned roasted carrots Garlic & olive focaccia (GW)	Seasoned wedges Roasted beetroot Fresh green beans Charred Sweetcorn	Noodles (GW) Spring rolls (GW, So, Su) Roasted bok choy Vegetable stir fry	Wholegrain rice Roasted vegetables Mint & coriander raita (M) Mango chutney	Chunky oven chips, Mushy peas BBQ Baked beans FRIDAY TREAT Carrot & raisin cake (GW, E) Gluten free, Vegan Option

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



MENU WEEK 2

07-09-26 / 11-09-26

28-09-26 / 02-10-26

02-11-26 / 06-11-26

23-11-26 / 27-11-26



PARSONS GREEN PREP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING SNACK	Pitta bread sticks (GW) & roasted pepper hummus Melon slices	Cheese & tomato Quesadillas (GW, M) Gluten free & dairy free option Pear wedges	Banana & cinnamon bread (WG, So) Apple wedges	Oats biscuits (GO) Orange wedges	Carrot sticks & cream cheese (M) Pineapple slices
DAILY SOUP FRESHLY BAKED BREAD	Leek & potato soup	Carrots & coriander soup	Courgette & Pea soup	Roasted butternut squash soup	Vegetable broth
VEGETARIAN OPTION	Baked spinach & feta gnocchi with butternut squash (Milk)	Baked button mushrooms and cannellini bean in a rich tomato sauce	Smoky tofu, black bean, avocado and pepper fajitas (So, GW)	Aubergine katsu with mild tofu curry sauce (So, E)	Plant base sausages with onion gravy
MAIN	Tuna pasta bake (GW, F, M) Or Pasta with tomato sauce (GW) Gluten free option	Chicken & vegetable Pie with wholemeal pastry top (GW) Chicken & vegetables stew	BBQ pulled beef or Halal chicken with wraps (GW)	Katsu chicken (E) Or Halal katsu chicken (E) with mild katsu curry sauce	Pork Sausages with onion gravy or Chicken sausages
ON THE SIDE	Mediterranean Roasted Vegetables Grilled tomatoes Garlic infused bread (GW, So)	New potatoes Glazed carrots Green beans	Sweet potatoes wedges Steam Broccoli Pineapple salsa Guacamole Sour cream (M) Pico de gallo	Pilau rice Sweetcorn Bang-bang cauliflower Mango chutney Raita (M)	Mashed potatoes Steam broccoli Garden peas Baked beans FRIDAY TREAT Pineapple & coconut sponge (GW, E)

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



MENU WEEK 3



PARSONS GREEN PREP

14-09-26 / 18-09-26 05-10-26 / 09-10-26 09-11-26 / 13-11-26 30-11-26/04-12-26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpets (GW) Orange wedges	Carrot cake (GW, E, So) Apple	Mini tomato pizzas (GW, So, M) Melon Slices	Cucumber sticks & hummus Pineapple portions	Pesto & cheese rolls (M, GW) Pear wedges
DAILY SOUP FRESHLY BAKED BREAD	Carrot & coriander soup	Creamy Onion soup	Broccoli & potato soup	Spicy tomato soup	Quinoa & spring Vegetables soup
VEGETARIAN OPTION	Jacket potatoes with Baked beans & cheese (M) Or Vegetable bean chilli	Lentil & paneer naans (GW)	Spinach, chick-pea & feta Pie (So, GW)	Mix beans & vegetable Tagine	Plant base burgers in a floured bun
MAIN	Macaroni, white bean & cheddar bake or Spinach Pesto macaroni (GW, M) Gluten and dairy free option	Chicken mince keema Or Halal chicken mince keema	Greek Pork Tigania with thyme & lemon wedges or Lemon herb garlic Chicken	Tomato chicken stew Or Halal Chicken & vegetable stew	Fresh butchers beef burger Or Chicken burger In a floured bun
ON THE SIDE	Seasoned sweet potato wedges Roasted broccoli Mediterranean Vegetables Sundry tomato & herb focaccia (GW,So)	Garlic naans (GW) Spiced cabbage Masala roasted carrots Raita (M) & mango chutney	Herbs couscous (GW) Saag aloo Roast parsnips & carrots	Patatas bravas Herb Courgette's Green beans with red peppers Whole-meal rice	Floured bun (GW, MC Se) Gluten free bun Chunky oven chips Garden peas Baked beans FRIDAY TREAT Marble cake (GW, E, So)

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

