

Parsons Green Prep  
Summer 2018

**Week1**                      **16th April**    **7th May**    **4th & 25th June**

| Day       | Main Course   |  | Vegetarian Main Course  |  | Pudding   |
|-----------|---|--|---|--|---|
| Monday    | Free Range Pork Sausages with gravy, Roasted new potato, carrots & green beans  |  | Vegetarian Sausages with gravy, Roasted new potato carrots & green beans  |  | Organic Fruit Yoghurt<br>Fresh Fruit                      |
| Tuesday   | Homemade Piri Piri Cornfed Chicken Burger in a Brioche Bun with Roasted Potato Wedges and Homemade Coleslaw           |  | Homemade Spiced Bean & Vegetable Burger in a Brioche Bun with Roasted Potato Wedges and Homemade Coleslaw                         |  | Chopped Fruit with Yoghurt & Honey                        |
| Wednesday | Pasta Arrabbiata with Chicken, Tomato & Basil, Cheese, & Seasonal Vegetables  |  | Pasta with Tomato, Basil, Olives & Capers with Seasonal Vegetables  |  | Organic Fruit Yoghurt<br>Fresh Fruit                      |
| Thursday  | Free Range Egg Frittata with Ham, Cheese, Onions & Potatoes served with a Carrot, Beetroot, Cucumber and Tomato Salad |  | Free Range Egg Frittata with Roasted Peppers, Cheese, Onions & Potatoes served with a Carrot, Beetroot, Cucumber and Tomato Salad |  | Organic Fruit Yoghurt<br>Fresh Fruit                      |
| Friday    | Battered Pollock fillets with chips, peas & baked beans   |  | Risotto & Vegetable Cakes with chips, peas & baked beans  |  | Homemade Shortbread &<br>Vanilla Ice Cream<br>Fresh Fruit |

**Week 2**                      **23rd April & 14th May**    **11th June**    **2nd July**

| Day       | Main Course  |  | Vegetarian Main Course  |  | Pudding  |
|-----------|--|--|---|--|--|
| Monday    | Honey Roasted Ham served with New Potatoes and Seasonal Vegetables   |  | Sweet Potato and Red Onion Tortilla with Feta and Seasonal Vegetables   |  | Organic Fruit Yoghurt<br>Fresh Fruit                     |
| Tuesday   | Panko Turkey Strips with Ditalini Pasta, Peas & Sweetcorn  |  | Vegetable Schnitzels with Ditalini Pasta, Peas & Sweetcorn  |  | Chopped Fruit with Yoghurt & Honey                       |
| Wednesday | Picnic Rolls with choice of Ham, Egg, Tuna & Cheese Fillings with Roasted Sweet Potato Wedges, Crudite Salad & Homemade Hummus Dip |  | Picnic Rolls with choice of Egg & Cheese Fillings with Roasted Sweet Potato Wedges, Crudite Salad & Homemade Hummus Dip |  | Organic Fruit Yoghurt<br>Fresh Fruit                     |
| Thursday  | Cumberland Hot Dogs with Roasted Potato Wedges, Carrots and Sweetcorn  |  | Vegetarian Hot Dogs with Roasted Potato Wedges, Carrots and Sweetcorn   |  | Organic Fruit Yoghurt<br>Fresh Fruit                     |
| Friday    | Stonebaked Pizza Margherita with tomato, cucumber & lettuce salad  |  | Stonebaked Pizza with Tomato, Mushrooms & Seetcorn with tomato, cucumber & lettuce salad                                |  | Homemade Fruit Jelly<br>Vanilla Ice Cream<br>Fresh fruit |

**Week 3**                      **30th April & 21st May**    **18th June**    **9th July**

| Day       | Main Course   |  | Vegetarian Main Course  |  | Pudding  |
|-----------|---|--|---|--|--|
| Monday    | Jacket Potatoes with Choice of fillings : Chilli con Carne, Tuna Mayo, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad |  | Jacket Potatoes with Choice of fillings : Guacamole, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad |  | Organic Fruit Yoghurt<br>Fresh Fruit               |
| Tuesday   | Handmade Sausage rolls served with Vegetable Crudites and Homemade Hummus Dip   |  | Handmade Vegetable Puffs served with Vegetable Crudites and Homemade Hummus Dip   |  | Chopped Fruit with Yoghurt & Honey                 |
| Wednesday | Classic Macaroni Cheese with Seasonal Vegetables  |  | Roasted Mediterranean Vegetable Pasta Bake with Tomato & Mozzarella with Seasonal Vegetables  |  | Organic Fruit Yoghurt<br>Fresh Fruit               |
| Thursday  | Homemade Lamb Kofte served with Moroccan Tomato Sauce, Spiced Cous Cous, Green Beans and Carrots  |  | Homemade Falafels served with Moroccan Tomato Sauce, Spiced Cous Cous, Green Beans and Carrots  |  | Organic Fruit Yoghurt<br>Fresh Fruit               |
| Friday    | MSC approved Fish Fingers, French Fries and seasonal vegetables   |  | Risotto & Vegetable Cakes, olive oil roast potatoes, baked beans and seasonal vegetables  |  | Chocolate Cake with Chocolate Icing<br>Fresh Fruit |