

Parsons Green Prep Winter 2017

Week1 6 November- 27 November

1 January- 22 January

19 February- 12 March

Day	Main Course		Vegetarian Main Course		Pudding
Monday	Free Range Pork Sausages with gravy, mash potato and seasonal vegetables		Vegetarian Sausages with gravy, mash potato and seasonal vegetables		Yoghurt Fresh Fruit
Tuesday	Mediterranean Spiced Chicken Drumsticks with Cous Cous, Mediterranean Salad with Tomato, Cucumber and Choice of toppings		Cous Cous, Feta & Roast Veg stuffed pepper, Tzatziki and Mediterranean Salad with Tomato, Cucumber and Choice of toppings		Yoghurt Fresh Fruit
Wednesday	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 : Tuna Mayo, Farmhouse Cheddar & Baked Beans served with Grated Carrot, Tomato & Cucumber Salad		Yoghurt Fresh Fruit
Thursday	Homemade Traditional Lasagne with Mixed Salad		Homemade Traditional Vegetable Lasagne with Mixed Salad		Yoghurt Fresh Fruit
Friday	Battered Pollock fillets with chips, peas & sweet corn		Risotto & Vegetable Cakes with chips, peas & sweet corn		Chocolate Sponge Cake with Chocolate Cream Fresh Fruit

Week 2 13 November- 4 December

8 January- 29 January

26 February- 19 March

Day	Main Course		Vegetarian Main Course		Pudding
Monday	Roast Pork Shoulder with Gravy, Roast Potatoes, cauliflower & Broccoli		Sweet Potato, Feta & Red onion Tortilla with Roast Potatoes, cauliflower & Broccoli		Yoghurt Fresh Fruit
Tuesday	Macaroni & Cheese served with Seasonal Vegetables		Pasta with Roasted Vegetables, Tomato & Basil with Seasonal Vegetables		Yoghurt Fresh Fruit
Wednesday	Handmade Cumberland Sausage rolls with Seasonal vegetables		Handmade Spinach and Ricotta rolls served with Seasonal vegetables		Rice Crispy Cake Fresh Fruit
Thursday	Cornfed chicken escalopes with homemade BBQ Sauce, white Basmati, Corn cobs and Green Beans		Cajun vegetable fritters with homemade BBQ Sauce, white Basmati, Corn cobs and Green Beans		Yoghurt Fresh Fruit
Friday	Traditional Stonebaked Pizza Margherita with Tomato, Mozzarella & Basil Served with Mixed Salad		Traditional Stonebaked Pizza with Mushrooms, Sweetcorn, Tomato, Mozzarella & Basil Served with Mixed Salad		Rice crispy cakes-Vanilla ice cream Fresh Fruit

Week 3 20 november- 11 December

15 January- 5 February

5 March- 26 March

Day	Main Course		Vegetarian Main Course		Pudding
Monday	Roasted Gammon served with seasonal vegetables and new potatoes		Root Vegetable & Cheese Galette with seasonal vegetables and new potatoes		Yoghurt Fresh Fruit
Tuesday	Pasta with Bolognese Ragout with tomato and beef served with seasonal vegetables		Spaghetti with Arrabiata sauce served with Seasonal Vegetables		Yoghurt Fresh Fruit
Wednesday	Chicken Tikka Masala, served with Naan Bread, Peas, Sweetcorn & white Basmati rice		Homemade Vegetable Curry served with Naan Bread, Peas, Sweetcorn & white Basmati rice		Yoghurt Fresh Fruit
Thursday	Grass-Fed Beef Burgers in Brioche Buns with Ketchup, Roast Potatoes & Crudite Salad & Homemade Hummus Dip		Quorn Burgers in Brioche Buns with Ketchup, Roast Potato wedges & Crudite Salad & Homemade Hummus Dip		Yoghurt Fresh Fruit
Friday	Fishfingers, olive oil roast potatoes, baked beans and seasonal vegetables		Vegetable Cakes, olive oil roast potatoes, baked beans and seasonal vegetables		Homemade Fruit Flapjacks Vanilla ice cream Fresh Fruit