

MENU WEEK 1



PARSONS GREEN PREP

06-01-25/10-01-25 * 27-01-25/31-01-25 * 24-02-25/28-02-25 * 17-03-25/21-03-25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpet Pineapple wedges	Carrot cake Apples wedges	Pitta & sweet potato hummus Orange wedges	Raisin Flapjack Honeydew melon	Cinnamon pinwheel Sliced pear
DAILY SOUP FRESHLY BAKED BREAD	Roasted broccoli soup	Minestrone soup	Tomato & herb soup	Onion & potato soup	Carrot & coriander soup
VEGETARIAN OPTION	Squash, spinach & feta baked gnocchi	Chickpea & sweet potato curry	Quorn and vegetable pie topped with mash potato	Stuffed peppers with roasted vegetables, mixed beans & couscous	Vegetable pizza with vegan cheese
MAIN	Tuna pasta bake Pasta with tomato sauce Or with cheese sauce	Chicken tikka Marsala with mango chutney or Raita	Shepherds pie topped with mash potato	Roasted chicken & stuffing with gravy	Margaritta pizza
ON THE SIDE	Mediterranean Roasted vegetables Sweetcorn Garlic bread	Steamed rice Green beans Cumin spiced cauliflower	Roasted root vegetables Savoy cabbage	Seasoned roasted potatoes Broccoli Steamed carrots	Chunky oven rosemary chips, Garden peas Baked beans FRIDAY TREAT Banana cake

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

