

# MENU WEEK 2



PARSONS GREEN PREP

13-01-25/17-01-25 \* 03-02-25/07-02-25 \* 03-03-25/07-03-25 \* 24-03-25/28-03-25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Ginger biscuits Orange wedges	Cucumbers sticks With hummus Apple wedges	Herbs bread sticks With cream cheese Pineapple wedges	Jam sandwich Melon slices	Tomato & olive focaccia Pear slices
<b>DAILY SOUP FRESHLY BAKED BREAD</b>	Red lentil soup	Broccoli soup	Cauliflower & chive soup	Tomato soup	Chunky Vegetable soup
<b>VEGETARIAN OPTION</b>	Vegetarian Spanish Omelet	Vegetable & bean Moussaka	Tofu, spinach and potato curry	Bean and Vegetables burrito	Plant base sausages
<b>MAIN</b>	Chicken Enchiladas With sour cream & guacamole	Beef lasagna Or Halal beef lasagna	Tandoori chicken with naans	Beef chili con carne Or Halal Beef chili con carne	Pork sausages or Halal chicken sausages
<b>ON THE SIDE</b>	Steam new potatoes Curly Kale Sweetcorn	Vegetable medley Rocket, red onion and parmesan salad Garlic bread slices	Couscous Bombay potato wedges Masala roasted carrots Yoghurt & cucumber	Coriander & lime rice Charred corn Guacamole Green mango salsa Tortilla chips	Chunky oven rosemary chips, Garden peas Baked beans  <b>FRIDAY TREAT</b> Beetroot brownie

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

