

MENU WEEK 1



PARSONS GREEN PREP

04/09/24-6/09/24 23/09/24-27/09/24 14/10/24-18/10/24 18/11/24-22/11/24 09/12/24-11/12/24

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Toasted crumpet Pineapple wedges	Freshly baked gluten free apple cake banana	Pitta and sweet potato hummus Orange wedges	Freshly made gluten free banana raisin and flap jack Watermelon	Cinnamon pinwheel Sliced pear
DAILY SOUP FRESHLY BAKED BREAD	Vegetable soup	White bean and kale	Black bean soup	Curry cauliflower and coconut soup	Butternut soup
VEGETARIAN OPTION	Spinach and feta pie	Tapes of Spanish omelet or potato croquette or pan con tomato	Bean and kale with soya dressing burrita	Lentil and paneer naans	Vegetable pizza
Mains	Greek style pork pot Or Greek style halal beef pot	Tomato chicken and chorizo stew Or Tomato, halal chicken stew	Chili con carne Or Halal chili con carne	Chicken mince keema naans Or Halal chicken mince keema naans	Meat feast pizza
ON THE SIDE	oregano and lemon sauteed potatoes Mediterranean roast vegetable Greek salad Broccoli Cucumber, Yoghurt	Potatoes bravos Runner beans Roasted herb carrots	Coriander and lime rice Charred corn Mexican spiced courgettes Sour cream Green mango Salsa Mexican corn bread	Bombay potato wedges Coriander chutney Spiced cabbage Masala roasted carrots Yoghurt and cucumber	Chunky oven rosemary chips, Garden peas Baked beans FRIDAY TREAT Orange polenta cake with maple

SELECTION OF FRESH CUT FRUIT, YOGHURT, jellys & DAILY SMOOTHIE PLUS A DAILY SALAD BAR

