

MENU WEEK 2



PARSONS GREEN PREP

09/09/24-13/09/24 30/09/24-04/10/24 04/11/24-08/11/24 25/11/24-29/11/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese, sliced cucumber and crackers Pineapple	Freshly baked fruit loaf Apple slices	Cheese and tomato quesadilla Oranges	Soya sponge cake Watermelon	Banana bread pears
DAILY SOUP FRESHLY BAKED BREAD	Orzo , tomato and spinach	Minestrone	Spiced red lentil and vegetable	Creamed mushroom	Sweet potato and chive
VEGETARIAN OPTION	Vegetarian sausage roll	Baked button mushrooms and cannellini bean in a rich tomato sauce	Mushroom, roasted pepper and halluimi bruschette	Aubergine katsu	Leek Macaroni and Red Leicester bake
DISH OF THE DAY	Leek and pork sausage Or Halal chicken sausage	Beef bolognaise Or Halal beef bolognaise	Maple glazed pork loin	Katsu chicken Or Halal katsu chicken with Mild katsu curry sauce	Fish fingers Freshly made tartare Mushy peas
ON THE SIDE	Creamy mash potato Roast carrots Broccoli Red onion gravy	Spaghetti Garlic and vegetable focaccia Roasted garlic and lemon broccoli Kale Cesar salad	Cauliflower cheese Roasted potatoes Baked apple and thyme sauce Courgette and leeks Gravy	Steamed wholegrain rice Miso and carrots Bang bang cauliflower Smack cucumber with chilli oil	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Upside down plum cake

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

