

MENU WEEK 3

16/09/24-20/09/24 07/10/24-11/10/24 11/11/24-15/11/24 02/12/24-06/12/24



PARSONS GREEN PREP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese, tomato and courgette pitta pizza Honey dew melon	Cheese straws Apple slices	Lemon milk bread Pineapple	Pumkin seed, date and oat bar Orange wedges	Sundried tomato and olive corn loaf Plums
DAILY SOUP FRESHLY BAKED BREAD	Curried cauliflower	Hot and sour	Pea. and mint	Sweetcorn chowder	Tomato and fresh herb
VEGETARIAN OPTION	Potato, cannellini bean and mushroom hash	Vegetable and tofu moon cakes With citrus soya dip	Roasted vegetable empanadas	Curried chickpeas, squash and spinach with naan bread riata	Falafel and beetroot patty
DISH OF THE DAY	Creamy chicken , kale and white bean casserole Or Halal creamy chicken, kale and white bean casserole	Stir fried pork Or Stir fried chicken	Cajun chicken tacos	Butter chicken curry Or Halal butter chicken curry	Freshly made beef and green lentil burgers Or Halal freshly made beef and lentil burgers
ON THE SIDE	Potato Gratin Steamed beetroot Carrots Steamed marrow	Chinese stir fried vegetables Egg noodles Mangetout and fresh green beans	Mexican spiced squash Roasted potato Sweetcorn Guacamole Wholegrain Tortillas wraps Roasted courgette Mexican slaw	Basmati rice Spiced Cauliflower Saag Aloo Naan bread Mango chutney Coriander chutney	Chunky oven chips Garden peas BBQ Baked beans FRIDAY TREAT Baked Blueberry custard tarts

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

