

The Paragon Menu

Week 1 Sep 21

MONDAY

Meat-free Monday

Tomato, Basil and Mozzarella
Pasta

Roasted Courgettes

Broccoli

Garlic Bread

Salad Bar

Greek Salad

Dessert

Vanilla Ice Cream

Fresh Fruit Platter

TUESDAY

Lemon and Garlic Chicken
Fillets

Chickpea Falafels

Steamed New potatoes

Sautéed Greens

Tortilla Wraps

Salad Bar

Crunchy Coleslaw

Dessert

Chocolate Chip Muffins

Fresh Fruit Platter

WEDNESDAY

Chef's Traditional Cottage Pie

Mediterranean Frittata

Roasted Carrots

Broccoli

Salad Bar

Quinoa Salad

Dessert

Greek Yoghurt and Forest
Fruits

Fresh Fruit Platter

THURSDAY

Chilli Beef Tacos

Roasted Vegetable Ratatouille

Lemon and Coriander Rice

Guacamole & Sour Cream

Corn on the Cob

Greens

Salad Bar

Mixed Leaves

Dessert

Rocky Road

Fresh Fruit Salad

FRIDAY

Jumbo Fish Finger

Mediterranean Vegetable
Frittata

Crispy Cubes

Peas

Sweetcorn

Tartare Sauce

Salad Bar

Crunchy Coleslaw

Dessert

Chocolate Chip Cookies

Fresh Fruit Platter



P&H