# The Paragon School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tomato, Fresh Basil and Mozzarella Pasta Bake	Lemon and Thyme Chicken Skewers	Vegetarian Paella	Chilli Beef Tacos
Broccoli Nut Free Basil Pesto Mixed Lead Salad Rosemary Bread	Chickpea Falafels Mixed Pepper Couscous Crunchy Slaw Green Beans Tzatziki Warm Flatbread	Sprouting Broccoli and Edamame Beans Grilled Courgette, Sundried Tomato and Chervil Salsa Patatas Bravas with Tomato Sauce Beetroot and Quinoa Salad Roasted Garlic and Chive Mayo	Quorn Chilli Tacos Lemon and Coriander Rice Sweetcorn Roasted Carrots Guacamole Soured Cream Tomato & Pomegranate Salad
Ice Cream Tubs	Fruity Flapjack	Chocolate Caramel Crispies	Chef's Fruity Rocky Road
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

PALMER & HOWELLS Independent School Caterers

## FRIDAY

### **Crumbed Fish Fingers**

Oven Baked Chips Garden Peas and Broccoli Tomato, Rocket and Roasted Lemon Salad Tartare Sauce Lemon Wedges

### Mini Chocolate Muffins

#### Fresh Fruit