



# ASHLEY MANOR

PREPARATORY SCHOOL

<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; homemade bread</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the ay	Soup of the Day
	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread
<b>Main meals</b>	Malaysian Chicken Curry with Braised Rice	Pasta Bar with a Selection of Sauces	Honey & Mustard Gammon with Pineapple Puree and Pan Gravy	Traditional Sheppard's Pie topped with Mashed Potato	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
<b>Vegetarian</b>	Gnocchi In A Roasted Tomato & Basil Sauce	Slow-Baked Med Veg and Mozzarella Quiche	Mushroom Goulash with Braised Rice	Thai Infused Grilled Halloumi in a Pitta with Chefs Seasonal Salad	Quorn, Vegetable & Five-Bean Chilli
<b>Vegetables &amp; Potatoes</b>	Peas & Carrots Naan Bread Braised Rice	Garlic Bread Slice Broccoli Florets	Roast Potatoes Green Beans Chunky Carrots	Panache of Seasonal Veg	Chips Steamed Peas Baked Beans
<b>Hot Desserts</b>	Sticky Toffee Pudding with Custard	Lemon & Coconut Sponge with Chantilly Cream	Rhubarb Crumble & Custard	Warm Cherry Flapjack with Cream	Students Dessert of the Week
<b>Cold Dessert</b>	Raspberry & Coconut Fool Fresh cut Fruit Homemade Yoghurt Pots	Fruit jelly Fresh cut Fruit Homemade Yoghurt Pots	Chocolate Fudge Cheesecake Fresh cut Fruit Homemade Yoghurt Pots	Fruit Jelly Fresh cut Fruit Homemade Yoghurt Pots	Fresh cut Fruit Homemade Yoghurt Pots



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<u>Week 2 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; homemade bread</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread
<b>Main meals</b>	Boston Bean & Sausage Casserole	Noodle Bar with a Selection of Sauces	<b>Corned Beef Hash Pie</b>	Slow-Roasted Pork Leg with a Spiced Apple Sauce	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
<b>Vegetarian</b>	Winter Vegetable & Red Lentil Sheppard-less Pie	<b>Macaroni Cheese topped with slow-Roasted Tomatoes</b>	Sweet Potato & Sweetcorn Fritters with Spicy Salsa	Broccoli & Stilton Quiche	Tandoori Paneer & Vegetable Skewer with Mango Salsa
<b>Vegetables &amp; potatoes</b>	Mashed Potatoes Steamed Peas Red cabbage	Glazed Carrots Mange Tout	Sweetcorn Cabbage Baby Mid Potatoes	Roast Potatoes Cauliflower Florets Glazed Carrots	Chips Steamed Peas Baked Beans
<b>Hot dessert</b>	Pineapple Upside Down Cake with Custard	Creamy Rice Pudding with Fruits of the Forest	Pear & Vanilla Sponge with Cinnamon Cream	Chocolate Crunch with Chocolate sauce	Students Dessert of the Week
<b>Cold desserts</b>	Eton Mess Fresh cut Fruit Homemade Yoghurt Pots	Jelly Pots Fresh cut Fruit Homemade Yoghurt Pots	Raspberry & White Chocolate Cheesecake Fresh cut Fruit Homemade Yoghurt Pots	Jelly Pots Fresh cut Fruit Homemade Yoghurt Pots	Fresh cut Fruit Homemade Yoghurt Pots



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PREPARATORY SCHOOL

<u>Week 3 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup &amp; homemade bread</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the ay
	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread	Daily Freshly Baked Bread
<b>Main meals</b>	Creamy Chicken & Bacon Pasta	Lamb Tagine with Chick Peas & Spinach	Beef & Vegetable Pie Topped with Flaky Puff Pastry	Roast Chicken with Sage & Onion Stuffing	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Jacket Potatoes	Pasta Bar	Jacket Potatoes	Pasta Bar	Jacket Potatoes
<b>Vegetarian</b>	Roasted Root Vegetable & Haricot Bean Cobbler	Cheese, Potato & Confit Onion Pie	Chick Pea, Butternut Squash & Sweet Pimento Stroganoff	Greek Feta, Mushroom & Spinach Filo Pie	Traditional Spanish Tortilla
<b>Vegetables &amp; potatoes</b>	Garlic & Herb Slice Minted Peas Carrots	Steamed Rice Sweetcorn & Courgettes	Minted New Potatoes Panache of Seasonal Veg Braised Rice	Roast Potatoes Savoy Cabbage Green Beans	Chips Peas Baked Beans
<b>Hot dessert</b>	Cherry & Coconut Sponge with Custard	Triple Chocolate Brownie with Cream	Banana Sponge with Toffee Custard	Apple, Sultana & Cinnamon Strudel with Vanilla Cream	Students Dessert of the Week
<b>Cold desserts</b>	Chocolate Brownie Fool Fresh cut Fruit Homemade Yoghurt Pots	Jelly Pots Fresh cut Fruit Homemade Yoghurt Pots	Flapjack Cream Pot Fresh cut Fruit Homemade Yoghurt Pots	Jelly Pots Fresh cut Fruit Homemade Yoghurt Pots	Fresh cut Fruit Homemade Yoghurt Pots