



# ASHLEY MANOR PREPARATORY SCHOOL

| <u>Week 1 Tea</u> | Monday                        | Tuesday  | Wednesday                     | Thursday                         | Friday                        |
|-------------------|-------------------------------|--|-------------------------------|----------------------------------|-------------------------------|
| <b>Hot tea</b>    | Cheese & Tomato Pizza         | Chicken Goujon Baguette with Ketchup and Fries | Spaghetti Bolognese           | Cheese & Onion Pasty With Wedges | Chill & Rice                  |
| <b>Daily</b>      | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station                  | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station    | Fresh Fruit Hydration Station |

| <u>Week 2 Tea</u> | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        |
|-------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <b>Hot tea</b>    | Chicken Curry with Rice       | Macaroni Cheese               | Cowboy Casserole              | Creamy Chicken & Ham Pasta    | Cheese & Tomato Pizza         |
| <b>Daily</b>      | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station |

| <u>Week 3 Tea</u> | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        |
|-------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| <b>Hot tea</b>    | Cheese & Tomato Pizza         | Spaghetti Carbonara           | Jumbo Hot Dog with Fries      | Pasta Al Forno                | Cheesy Chilli Beef Nachos     |
| <b>Daily</b>      | Fresh Fruit Hydration station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station | Fresh Fruit Hydration Station |

