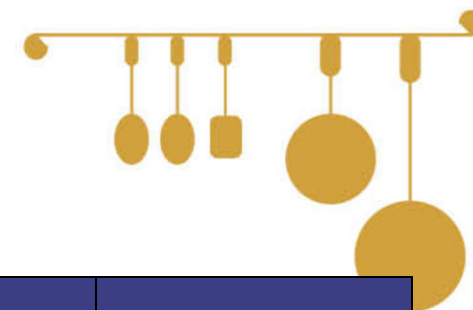


Summer Term 2025



ASHLEY MANOR  
PREPARATORY SCHOOL



<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Chicken Tikka Masala with Rice & Garlic Naan	Cheeseburger Pasta Bake	Hunters Chicken Topped with Sauté Potatoes	Slow Roasted Pork Leg with Sage & Onion Stuffing and Pan Gravy	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>	Vegetable & Mixed Bean Chilli	Mushroom & Sugar Snap Pea Risotto	Broccoli & Stilton Tart	Sweet Potato Bhajis with a Mint & Cucumber Dressing	Quorn Chow-Mein with Black Bean Sauce
<b>Vegetables &amp; Potatoes</b>	Garden Peas Glazed Carrots Rice	Selection of Seasonal Vegetables Italian Herb Focaccia Bread	Fine Green Beans Sweetcorn & Peppers	Roast Potatoes Broccoli Florets Chunky Carrots	Chips Steamed Peas Baked Beans
<b>Desserts</b>	Jam Sponge & Custard Fresh cut Fruit Homemade Yoghurt Pots	Chocolate Fudge Pot Fruit jelly Homemade Yoghurt Pots	Sticky Toffee Pudding & Custard Fresh cut Fruit Homemade Yoghurt Pots	Strawberry Cheesecake Fruit jelly Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots





<u>Week 2 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Thai Green Chicken on a bed of Egg Noodles	Italian Beef Ragu on a bed of Spiral Pasta	Sausage & Mash	Slow Roasted Ham with Pineapple 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>	Mushroom & Spinach Pasta topped with Mozzarella	Leek, Potato & Cheese Pie	Quorn Sausage Toad in the Hole	Roasted Mediterranean Vegetable & Potato Frittata	Sweet Chilli Infused Grilled Halloumi in a Pitta with Chefs Seasonal Salad
<b>Vegetables &amp; potatoes</b>	Egg Noodles Steamed Peas Fine Green Beans	Glazed Carrots Mange Tout	Mash Potato Sweetcorn Savoy Cabbage	Roast Potatoes Cauliflower Florets Glazed Carrots	Chips Steamed Peas Baked Beans
<b>Desserts</b>	Chocolate Crunch with Chocolate Custard Fresh cut Fruit Homemade Yoghurt Pots	Banana & Toffee Cheesecake Jelly Pots Homemade Yoghurt Pots	Vanilla Shortbread & Cream Fresh cut Fruit Homemade Yoghurt Pots	White Chocolate & Toasted Coconut Cheesecake Jelly Pots Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots





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PREPARATORY SCHOOL



<u>Week 3 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Cantonese Style Sweet & Sour Chicken with Fragrant Rice	Mexican Chili Beef with Nacho's	Sweet & Smoky Maple Glazed Chicken Macaroni	Slow Roasted Pork Leg with Apple sauce	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>	Spinach, Garlic & Mozzarella Gnocchi al Forno	Creamy Butternut Squash, Chick-Pea & Coconut Curry	Ratatouille Nacho Bake	Cheddar Cheese Beignets with a Warm Tomato Salsa	Thai Infused Vegetable Kebab in a Pitta with Salad
<b>Vegetables &amp; potatoes</b>	Minted Peas Carrots	Sweetcorn Courgettes	Garlic Bread Slice Panache of Seasonal Veg	Roast Potatoes Savoy Cabbage Green Beans	Chips Peas Baked Beans
<b>Desserts</b>	Lemon Curd Cake with Custard Fresh cut Fruit Homemade Yoghurt Pots	Milky Way Cheesecake Pot Jelly Pots Homemade Yoghurt Pots	Cherry Flapjack with Chantilly Cream Fresh cut Fruit Homemade Yoghurt Pots	Eton Mess Pot Jelly Pots Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots

