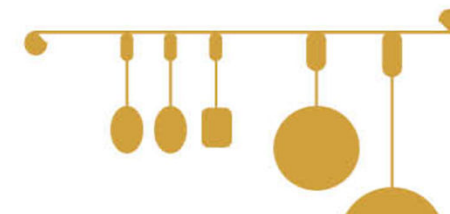


<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Chicken Tikka Masala with Wild Rice & Garlic Naan	Beef Bolognese Pasta Bake	Chicken, Lentil & Mixed Bean Hot-Pot	Slow Roasted Pork Leg with Sage & Onion Stuffing and Pan Gravy	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
<b>Vegetarian</b>	Vegetable & Mixed Bean Chilli	Butternut Squash & Baby Spinach Risotto	Sun Blushed Tomato, Roasted Red Onion & Mozzarella Tart	Onion & Split Yellow Pea Bhajis with a Mint & Cucumber Dressing	Quorn Chow-Mein with Black Bean Sauce
<b>Vegetables &amp; Potatoes</b>	Garden Peas Carrots Wild 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>	Orange Drizzle Cake & Custard Fresh cut Fruit Homemade Yoghurt Pots	Chocolate Mousse Pot Fruit jelly Homemade Yoghurt Pots	Marble Sponge & Custard Fresh cut Fruit Homemade Yoghurt Pots	Fruits of the Forest Cheesecake Fruit jelly Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots



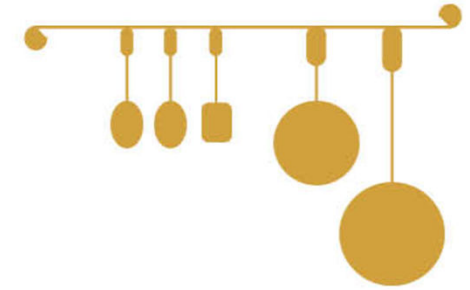


<u>Week 2 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Sweet & Sour Chicken on a bed of Egg Noodles	Italian Beef Ragu on a bed of Wholewheat Pesto	Pork & Herb Wellington	Slow Roasted Ham with Caramelized Pineapple	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
<b>Vegetarian</b>	Mushroom, Spinach & Feta Lasagne	Potato, Crispy Onion & Cheese Pie	Quorn Sausage Toad in the Hole with Veggie Gravy	Broccoli, Pea & Green Lentil Gnocchi Bake	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	Crispy Cajun Potatoes Sweetcorn Savoy Cabbage	Roast Potatoes Cauliflower Florets Glazed Carrots	Chips Steamed Peas Baked Beans
<b>Desserts</b>	Crunchie Chocolate Drizzle Cake with Custard Fresh cut Fruit Homemade Yoghurt Pots	Mango Cheesecake Jelly Pots Homemade Yoghurt Pots	Lemon Curd Shortbread Fresh cut Fruit Homemade Yoghurt Pots	White Chocolate & Raspberry Cheesecake Jelly Pots Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots





ASHLEY MANOR  
PREPARATORY SCHOOL



<u>Week 3 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meals</b>	Jerk Chicken with Rice & Peas	Mexican Chili Beef with Nacho's, Salsa & Sour Cream	Macaroni Cheese topped with Bacon & Crispy Onion	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>	Creamy Butternut Squash, Chick-Pea & Coconut Curry	Broccoli & Stilton Quiche	Ratatouille Tortilla Stack	Potato & Cheddar Cheese Fritters with a Warm Tomato Salsa	Moroccan Infused Vegetable Kebab in a Pitta with Salad
<b>Vegetables &amp; potatoes</b>	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 Drizzle Cake with Custard Fresh cut Fruit Homemade Yoghurt Pots	Banoffee Cheesecake Pot Jelly Pots Homemade Yoghurt Pots	Cherry & Coconut Flapjack with Chantilly Cream Fresh cut Fruit Homemade Yoghurt Pots	Tiramisu Pot Jelly Pots Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots

