



# ASHLEY MANOR PREPARATORY SCHOOL

<u>Week 1 Tea</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Hot tea	Spaghetti Bolognaise	Chicken Curry & Rice	Cheese & Tomato Pizza	Tuna Pasta Bake (Wholemeal Pasta)	Chilli Beef & Tortillas
Daily	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
Hot tea	Macaroni Cheese (Wholemeal Pasta)	Chicken & Bean Provençale with Rice	Pasta Al Forno	Turkey Stroganoff with Brown Rice	Cheese & Tomato Pizza
Daily	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
Hot tea	Beef Keema Curry & Rice	Spaghetti Carbonara (wholemeal Spaghetti)	Cheese & Tomato Pizza	Chilli & Rice	Tex Mex Chicken Nachos
Daily	Fresh Fruit Hydration station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station

