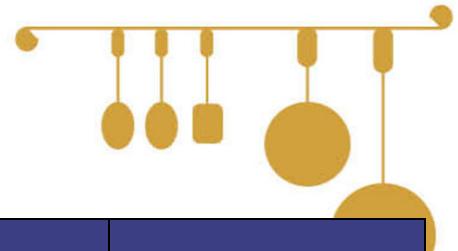




ASHLEY MANOR PREPARATORY SCHOOL



<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	Chicken & Vegetables with Black Bean Sauce	Gammon Fricassee on a bed of Red Pesto Wholewheat Pasta	Turkey, Lentil & Vegetable 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
Vegetarian	Mushroom, Spinach & Chickpea Balti	Ratatouille & Rocket Risotto	Spanish Vegetable Frittata	Onion & Sweet Potato Bhajis with Mango Chutney	Quorn & Vegetable Fried Rice with a Sweet Plum Sauce
Vegetables & Potatoes	Garden Peas Carrots Rice	Selection of Seasonal Vegetables Italian Multi seed & Garlic Bread	Fine Green Beans Sweetcorn & Peppers	Roast Potatoes Broccoli Florets Chunky Carrots	Chips Steamed Peas Baked Beans
Desserts	Apple & Cinnamon Cake & Custard Fresh cut Fruit Homemade Yoghurt Pots	White Chocolate & Raspberry Pot Fruit jelly Homemade Yoghurt Pots	Sticky Toffee Pudding & Custard Fresh cut Fruit Homemade Yoghurt Pots	Blueberry Cheesecake Fruit jelly Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots





ASHLEY MANOR
PREPARATORY SCHOOL

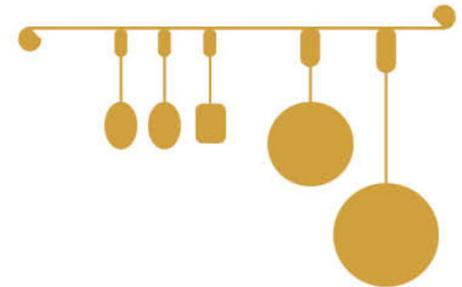


<u>Week 2 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	Chinese Lemon Chicken on a bed of Egg Noodles	Italian Beef Ragu on a bed of Wholewheat Pesto Pasta	Hunters Chicken Topped with Cheese	Slow Roasted Ham with Caramelized Pineapple	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
Vegetarian	Mushroom & Sweet Red Bell Pepper Stroganoff with Rice	Cauliflower & Broccoli Hot Pot	Brie, Leek & caramelised Red Onion Tart	Sun- Blushed Tomato & Basil Gnocchi Bake	Sweet Chilli Infused Grilled Halloumi in a Pitta with Chefs Seasonal Salad
Vegetables & potatoes	Egg Noodles Steamed Peas Fine Green Beans	Garlic Bread Slice Glazed Carrots Mange Tout	Crispy Cajun Potatoes Sweetcorn Savoy Cabbage	Roast Potatoes Cauliflower Florets Glazed Carrots	Chips Steamed Peas Baked Beans
Desserts	Syrup Sponge with Custard Fresh cut Fruit Homemade Yoghurt Pots	Mango Cheesecake Jelly Pots Homemade Yoghurt Pots	Warm Chocolate Brownie with Chantilly Cream Fresh cut Fruit Homemade Yoghurt Pots	Biscoff & Vanilla 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
Main meals	Moroccan Chicken with sweet chilli cous cous	Mexican Tex-Mex+ Beef with Nacho's, Salsa & Sour Cream	Three Cheese Macaroni topped with 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
Vegetarian	Vegetable & Lentil Goulash	Roasted Mediterranean Vegetable & Mozzarella Tart	Chickpea Falafels on a Flatbread with Salad & Minted Yoghurt	Cheese, Potato & Onion Pie	Vegetable Chow Mein with Black Bean Sauce
Vegetables & potatoes	Peas & Carrots	Sweetcorn Courgettes	Garlic Bread Slice Panache of Seasonal Veg	Roast Potatoes Savoy Cabbage Green Beans	Chips Peas Baked Beans
Desserts	Pineapple Upside Down Cake with Custard Fresh cut Fruit Homemade Yoghurt Pots	Lemon Cheesecake Pot Jelly Pots Homemade Yoghurt Pots	Jam & Coconut Sponge with Custard Fresh cut Fruit Homemade Yoghurt Pots	Double Chocolate Cheesecake Pot Jelly Pots Homemade Yoghurt Pots	Hot Dessert of the Day Fresh cut Fruit Homemade Yoghurt Pots

