



## ASHLEY MANOR PREPARATORY SCHOOL

<u>Week 1 Tea</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot tea</b>	Spaghetti Bolognase	Chicken Curry & Rice	Cheese & Tomato Pizza	Creamy Chicken & Ham Pasta	Chilli Beef Nachos
<b>Daily</b>	Fresh Fruit Hydration Station				

<u>Week 2 Tea</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot tea</b>	Macaroni Cheese	Chicken & Bean Cassoulet	Pasta Al Forno	Chill & Rice	Cheese & Tomato Pizza
<b>Daily</b>	Fresh Fruit Hydration Station				

<u>Week 3 Tea</u>	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot tea</b>	Beef Keema Curry Rice	Spaghetti Carbonara	Cheese & Tomato Pizza	Cowboy Casserole	Sweet Chilli Chicken Tacos
<b>Daily</b>	Fresh Fruit Hydration station				

