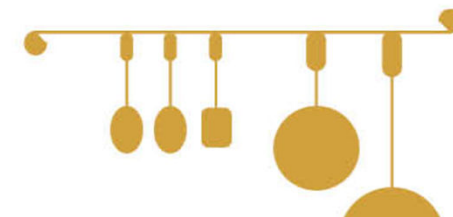


<u>Week 1 Lunch</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main meals	Sweet Chilli Chicken with Egg Fried Rice	Gammon, Chorizo & Bean Cassoulet with Pesto Spaghetti	Chicken Tagine with Moroccan Spiced Cous Cous	Slow Roasted Pork Leg with Sage & Onion Stuffing and Pan Gravy	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
Vegetarian	Butternut Squash & Sweet Potato Jalfrezi	Mushroom & Asparagus Risotto	Spinach & Ricotta Cannelloni in a Rich Tomato Sauce	Leek, Potato & Cheese Pie	Sweet Chilli Roasted Vegetable Kebab on a Flatbread with Minted Yoghurt
Vegetables & Potatoes	Garden Peas Carrots Rice	Selection of Seasonal Vegetables Multi seed & Garlic Bread	Fine Green Beans Sweetcorn & Peppers	Roast Potatoes Broccoli Florets Chunky Carrots	Chips Steamed Peas Baked Beans
Desserts	Lemon Drizzle Cake & Custard Fresh cut Fruit Homemade Yoghurt Pots	Chocolate Orange Cheesecake Fruit jelly Homemade Yoghurt Pots	Apple Crumble & 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
Main meals	Hong-Kong Style Sweet n Sour Pork with Braised Rice	Beef & Red Lentil Bolognaise with Wholemeal Spiral Pasta	Chicken & Boston Beans topped with Sauté Potato	Slow Roasted Ham with Pineapple & Mango Chutney	Cod Fillet Fish-Fingers or Fish "n" Chips, Served with Tartare & Lemon
	Pasta Bar	Jacket Potato	Pasta Bar	Jacket Potato	Pasta Bar
Vegetarian	Quorn, Vegetable & Mixed Bean Provençale	Spinach & Mozzarella Gnocchi Bake	Roasted Mediterranean Vegetable & Goats Cheese Tart	Vegetable Pakora with Flatbread, Salad & Cucumber Riata	Thai Green Infused Grilled Halloumi in a Pitta with Chefs Seasonal Salad
Vegetables & potatoes	Braised Rice Steamed Peas Fine Green Beans	Garlic Bread Slice Glazed Carrots Sugar Snap Peas	Sweetcorn Savoy Cabbage	Roast Potatoes Cauliflower Florets Glazed Carrots	Chips Steamed Peas Baked Beans
Desserts	Frosted Blueberry Sponge with Custard Fresh cut Fruit Homemade Yoghurt Pots	Caramel & Banana Cheesecake Jelly Pots Homemade Yoghurt Pots	Warm Chocolate Brownie with Chantilly Cream Fresh cut Fruit Homemade Yoghurt Pots	Fruits of the Forest 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	Mexican Tex-Mex Beef with Nacho's, Salsa & Sour Cream	Chicken Tikka Masala with Braised Rice	Mascarpone & Cheddar 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
Vegetarian	Mushroom, Lentil & Soya Bean Stroganoff	Broccoli & Stilton Quiche	Sweet Potato, Cherry Tomato & Leek Pie	Cheese & Chive Fritters	Chinese Vegetable Fried Rice 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	Marble Cake with Custard Fresh cut Fruit Homemade Yoghurt Pots	Black Cherry 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

