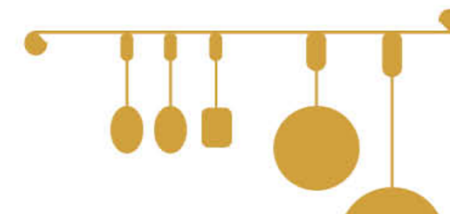


| <u>Week 1 Lunch</u>              | Monday                                                                         | Tuesday                                                                        | Wednesday                                                                    | Thursday                                                              | Friday                                                                 |
|----------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Main meals</b>                | Sweet Chilli & Maple Jerk Chicken with Rice & Peas                             | Slow Cooked Moroccan Lamb with Zesty Cous Cous                                 | Italian Beef Ragu with Sun Blushed Tomato & Garlic Bread                     | Slow Roasted Pork 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>                | Autumn Vegetable, Bean & Green Lentil Stew                                     | Roasted Vegetable Jambalaya                                                    | Tortellini Ricotta in a Rich Tomato Sauce                                    | Sweet Potato Bhaji on a Flatbread with Mango Chutney                  | Chinese Vegetable Chow Mein with Sweet Chilli Sauce                    |
| <b>Vegetables &amp; Potatoes</b> | Garden Peas<br>Carrots & Swede<br>Rice & Peas                                  | Selection of Seasonal Vegetables                                               | Fine Green Beans<br>Sweetcorn & Peppers<br>Sun Blushed Tomato & Garlic Bread | Roast Potatoes<br>Broccoli Florets<br>Chunky Carrots                  | Chips<br>Steamed Peas<br>Baked Beans                                   |
| <b>Desserts</b>                  | Vanilla & Caramel Sponge & Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots | White Chocolate & Raspberry Cheesecake<br>Fruit jelly<br>Homemade Yoghurt Pots | Pear Crumble & Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots           | Crunchie Chocolate Mousse Pot<br>Fruit jelly<br>Homemade Yoghurt Pots | Hot Dessert of the Day<br>Fresh cut Fruit<br>Homemade Yoghurt Pots     |



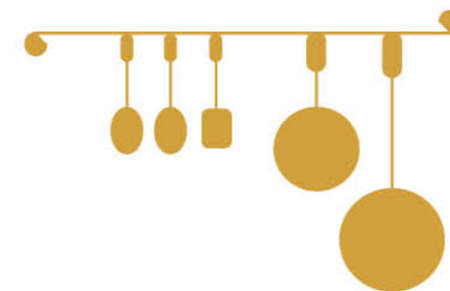


| <u>Week 2 Lunch</u>              | Monday                                                                              | Tuesday                                              | Wednesday                                                                    | Thursday                                                | Friday                                                                       |
|----------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------------|
| <b>Main meals</b>                | Meatballs in Tomato Sauce<br>with Pesto Spaghetti                                   | Chicken Tikka Masasla with<br>Wholegrain Rice        | Beef & Red Lentil<br>Bolognaise with Wholemeal<br>Spiral Pasta               | Slow Roasted Ham with<br>Pineapple & Mango<br>Chutney   | Cod Fillet Fish-Fingers or<br>Fish "n" Chips, Served with<br>Tartare & Lemon |
|                                  | Pasta Bar                                                                           | Jacket Potato                                        | Pasta Bar                                                                    | Jacket Potato                                           | Pasta Bar                                                                    |
| <b>Vegetarian</b>                | Roasted Vegetable &<br>Chickpea Arrabiatta                                          | Tomato & Basil Gnocchi<br>Bake                       | Slow Baked Tomato, Brie &<br>Roasted Red Onion Tart                          | Vegetable Samosa's with<br>Salad & Cucumber Riata       | Chinese Vegetable Fried<br>Rice with Black Bean Sauce                        |
| <b>Vegetables &amp; potatoes</b> | Pesto Spaghetti<br>Steamed Peas<br>Fine Green Beans                                 | Broccoli Florets<br>Garlic & Coriander Naan          | Garlic Bread Slice<br>Glazed Carrots<br>Sugar Snap Peas                      | Roast Potatoes<br>Cauliflower Florets<br>Glazed Carrots | Chips<br>Steamed Peas<br>Baked Beans                                         |
| <b>Desserts</b>                  | Cherry & Coconut Sponge<br>with Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots | Eton Mess Pot<br>Jelly Pots<br>Homemade Yoghurt Pots | Chocolate Crunch with<br>Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots | Lemon Cheesecake<br>Jelly Pots<br>Homemade Yoghurt Pots | Hot Dessert of the Day<br>Fresh cut Fruit<br>Homemade Yoghurt Pots           |





ASHLEY MANOR  
PREPARATORY SCHOOL



| <u>Week 3 Lunch</u>              | Monday                                                                       | Tuesday                                                                      | Wednesday                                                                      | Thursday                                                               | Friday                                                                     |
|----------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>Main meals</b>                | Mexican Tex-Mex Beef with Nacho's, Salsa & Sour Cream                        | Oriental Chicken with Egg Free Noodles                                       | Chicken, Bacon & Mozzarella Pasta al Forno                                     | 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>                | Mushroom, Lentil & Turtle Bean Stroganoff                                    | Sweet Potato, Leek & Cherry Tomato Quiche                                    | Roasted Ratatouille with a Herb Crust                                          | Cheddar Cheese & Chive Fritters                                        | Sweet Chilli Infused Grilled Halloumi in a Pitta with Chefs Seasonal Salad |
| <b>Vegetables &amp; potatoes</b> | Peas & Carrots                                                               | Sweetcorn Courgettes                                                         | Garlic Bread Slice<br>Panache of Seasonal Veg                                  | Roast Potatoes<br>Savoy Cabbage<br>Green Beans                         | Chips<br>Peas<br>Baked Beans                                               |
| <b>Desserts</b>                  | Orange Drizzle Cake with Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots | Wild Berry Skittles<br>Cheesecake Pot<br>Jelly Pots<br>Homemade Yoghurt Pots | Sticky Toffee Pudding with Custard<br>Fresh cut Fruit<br>Homemade Yoghurt Pots | Double Chocolate Cheesecake Pot<br>Jelly Pots<br>Homemade Yoghurt Pots | Hot Dessert of the Day<br>Fresh cut Fruit<br>Homemade Yoghurt Pots         |

