



ASHLEY MANOR PREPARATORY SCHOOL

<u>Week 1 Tea</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Hot tea	Beef Ragu with Spaghetti	Chicken Curry & Rice	Cheese & Tomato Pizza	Pesto Chicken Pasta	Chilli Beef Nachos
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	Chicken, Lentil & Vegetable Casserole	Pasta With Cherry Tomatoes, topped with Cheese	Chill & 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	Spaghetti Carbonara	Italian Beef Passata With Orzo	Cheese & Tomato Pizza	Thai Red Chicken & Rice	Sweet Chilli Chicken Tacos
Daily	Fresh Fruit Hydration station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station	Fresh Fruit Hydration Station

