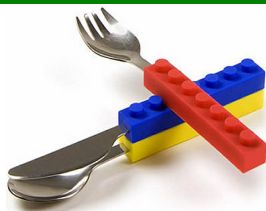


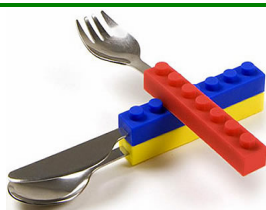
## ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fajita	Sweet & Sour Chicken served with Rice	Roast Beef with Yorkshire Pudding	Meat Free Balls in a Tomato Herb Sauce VG	Baked Fish Fillet
Quorn & Vegetable Chilli served with Rice ✓	Roasted Vegetable Lasagne ✓	Macaroni Cheese ✓	Chicken Pot Pie	Vegan Sausage & Bean Casserole VG
Jacket Potato with Coleslaw ✓	Plain or Cheese Filled Omelette ✓	Vegetable Curry served with Rice VG	Jacket Potato with Cheese ✓	Roasted Onion & Cheddar Quiche ✓
Sweetcorn Garden Peas	Sweetcorn Green Beans Diced Potatoes	Carrots Broccoli Roast Potatoes	Carrots Green Beans Potato Wedges	Garden Peas  Chips
Ice Cream	Apple & Blackberry Crumble & Custard	Fruit Mousse	Sticky Ginger Cake	Shortbread Biscuit
DAILY - MIXED BREAD - FRUIT - YOGHURT - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, Check Daily Menu for Allergen content)				



## ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Lasagne served with Garlic Bread	Minced Beef & Vegetable Pie	Roast Chicken with Sage & Onion Stuffing	Malaysian Beef Curry & Rice	Baked Salmon Fillet
Plain or Cheese Filled Omelette ✓	Butchers Sausage	Cowboy Chilli served with Rice	Pepperoni Pizza	Feta, Spinach Filo Pie ✓
Jacket Potato with Baked Beans VG	Vegan Sausage VG	Ricotta & Spinach Cannelloni ✓	Vegetarian Pizza ✓	Vegetable & Lentil Dhal VG
Peas Diced Potatoes	Sweetcorn Green Beans Mashed Potatoes	Carrots Cabbage Roast Potatoes	Sweetcorn Green Beans Mixed Salad	Garden Peas Chips
Cherry Sponge & Custard	Fruit Crumble & Custard	Creamy Rice Pudding	Carrot Cake	Fruit Flapjack
DAILY - MIXED BREAD - FRUIT - YOGHURT - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, Check Daily Menu for Allergen content)				



## ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mexican Beef Taco	Tandoori Chicken served with Rice	Roast Pork Loin with Sage & Onion Stuffing	Lamb Moussaka	Oven Baked Fishfingers
Lentil, Chickpea & Vegetable Curry VG	Tuna & Cheese Panini	Sweet & Sour Vegetable Noodles V	Ham & Tomato Pizza	Shepherd's Pie
Jacket Potato with Cheese V	Tomato, Roasted Vegetable & Basil Pasta VG	Twice Baked Cheesy Jacket V	Vegetarian Pizza V	Vegetable Tagine VG
Sweetcorn Mixed Salad	Sweetcorn Peas Potato Wedges	Carrots Broccoli Roast Potatoes	Sweetcorn Green Beans Rainbow Coleslaw	Garden Peas Chips
Apple Crumble & Custard	Banana Cake & Custard	Fresh Fruit Platter	Lemon Drizzle Cake & Custard	Oaty Biscuit
<p style="text-align: center;">DAILY - MIXED BREAD - FRUIT - YOGHURT - SALAD</p> <p style="text-align: center;">(Yoghurt contains Milk &amp; Soya, bread contains Gluten &amp; Soya, Check Daily Menu for Allergen content)</p>				

