

ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	A selection of fresh fruit and vegetable platters, served with rice cakes. Milk and water are available.				
Lunch	Chicken Fajita	Chicken Tikka Masala 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 ✓	Plain or Cheese Filled Omelette ✓	Lentil & Vegetable Dhal VG	Chicken Pot Pie	Vegan Sausage & Bean Casserole VG
	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Cheese & Tomato Panini VG	Jacket Potato with Tuna mayo/ Cheese/Beans
	Sweetcorn Garden Peas	Sweetcorn Broccoli Diced Potatoes	Carrots Green Beans Roast Potatoes	Carrots Broccoli Potato Wedges	Garden Peas Chips
	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Sugar Free Zesty Apple & Oat Crumble and Custard Natural Yoghurt with Fresh Fruit/Coulis/Compote	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Sugar Free Sticky Date & Apple Cake Natural Yoghurt with Fresh Fruit/Coulis/Compote	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt
	DAILY - MIXED BREAD - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, check daily menu for Allergen content)				
Afternoon Snack	Breadsticks served with fresh water. * Fresh water is available throughout the day.				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	A selection of fresh fruit and vegetable platters, served with rice cakes. Milk and water are available.				
Lunch	Butchers Sausage	Beef Bolognaise Pasta with Garlic Bread	Roast Chicken with Sage & Onion Stuffing	Cowboy Chilli with Rice	Salmon Pasta Bake in a Parsley Cheese Sauce
	Vegan Sausage	Vegetable Curry & Rice	Ricotta & Spinach Cannelloni ✓	Vegetarian Pizza ✓	Plain or Cheese Filled Omelette
	Tuna Crunch or Cheese Panini	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans
	Sweetcorn Green Beans Mashed Potatoes Gravy	Peas Diced Potatoes	Carrots Cabbage Roast Potatoes	Sweetcorn Green Beans Mixed Salad	Garden Peas Chips
	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Sugar Free Zesty Apple & Oat Crumble with Custard Natural Yoghurt with Fresh Fruit/Coulis/Compote	Healthy Creamy Rice Pudding with Raspberry & Apple Compote Natural Yoghurt with Fresh Fruit/Coulis/Compote	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Healthy Sugar Free Flapjack Natural Yoghurt with Fresh Fruit/Coulis/Compote
Afternoon Snack	DAILY - MIXED BREAD - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, Check Daily Menu for Allergen content)				
	Breadsticks served with fresh water. * Fresh water is available throughout the day.				

ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	A selection of fresh fruit and vegetable platters, served with rice cakes. Milk and water are available.				
Lunch	Mexican Beef Taco	Tandoori Chicken served with Rice	Roast Pork with Sage & Onion Stuffing	Shepherd's Pie	Oven Baked Fishfingers
	Cheese & Onion Pie VG	Macaroni Cheese VG	Tomato & Cheese Pasta Bake VG	Vegetarian Pizza V	Pork Sausage Roll
	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Jacket Potato with Tuna mayo/ Cheese/Beans	Cheese, Tomato & Spinach Whirl VG
	Sweetcorn Mixed Salad	Sweetcorn Peas Potato Wedges	Carrots Broccoli Roast Potatoes	Sweetcorn Green Beans Rainbow Coleslaw	Garden Peas Chips
	Sugar Free Zesty Apple & Oat Crumble with Custard Natural Yoghurt with Fresh Fruit/Coulis/Compote	Healthy Banana Bread Cheese & Crackers Natural Yoghurt with Fresh Fruit/Coulis/Compote	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Fresh Fruit Platter Cheese & Crackers Natural Yoghurt	Sugar Free Oatmeal Date Cookie Natural Yoghurt with Fresh Fruit/Coulis/Compote
	DAILY - MIXED BREAD - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, check Daily Menu for Allergen content)				
	Breadsticks served with fresh water.				
Afternoon Snack	* Fresh water is available throughout the day.				