

# ALTRINCHAM PREPARATORY SCHOOL - MENU WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
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
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	Plain or Cheese Filled Omelette	Ricotta & Spinach Cannelloni ✓	Vegetarian Pizza ✓	Vegetable Curry & Rice
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
Cherry Sponge	Fruit Crumble & Custard	Creamy Rice Pudding	Vanilla Sponge 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 Turkey with Sage & Onion Stuffing	Shepherd's Pie	Oven Baked Fishfingers
Cheese & Onion Pie VG	Macaroni Cheese VG	Tomato & Cheese Pasta Bake VG	Vegetarian Pizza ✓	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
Apple Crumble & Custard	Banana Cake	Fresh Fruit Platter	Lemon Drizzle Cake	Oaty Biscuit
DAILY - MIXED BREAD - FRUIT - YOGHURT - SALAD (Yoghurt contains Milk & Soya, bread contains Gluten & Soya, check Daily Menu for Allergen content)				

