

St. Mary's Autumn/Winter 2018/19 - Week 1

Option 1

Chicken Curry served with Rice, Roasted Cauliflower, Peas & Mango Chutney

Traditional Spaghetti Bolognese, "Home Made" Garlic Bread & Mixed Salad

Seasoned Chicken Thigh with Rice and Seasonal Roasted Vegetables

Ashlyns Cheese Burger with Pasta Salad & Coleslaw

Omega 3 Fish Fingers with Oven Chips and Baked Beans

Option 2

Spiced Chick Pea & Vegetable Curry served with Rice & Mango Chutney

Lentil & Vegetable Spaghetti Bolognese, "Home Made" Garlic Bread & Mixed Salad

Baked Courgette in a Basil & Tomato Sauce with Rice & Seasonal Roasted Vegetables

Meat Free Burger with Pasta Salad & Coleslaw

Roasted Leek, Red Onion & Feta Cheese Wholemeal Tart with Oven Chips & Mixed Salad

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Lemon Shortbread

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Flapjack

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Jam Sponge & Custard

Week commencing - 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.
Or visit <http://j.mp/2RE7Yz4>

ASHLYNS
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E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

St. Mary's Autumn/Winter 2018/19 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza with Pasta Salad & Coleslaw	Hot & Kicking Chicken with Mexican Rice & Green Beans	Roast Turkey & Stuffing served with Roast Potatoes, Carrots, Broccoli & Gravy	Chicken Sausage in a Bun with Caramelised Red Onions, Potato Wedges & Baked Beans	Caribbean Fish with Rice & Peas
Option 2	Spicy Beef Pizza with Pasta Salad & Coleslaw	Mexican Lentil & Potato Casserole with Mexican Rice & Green Beans	Roasted Vegetable & Lentil Wholemeal Tart with Roast Potatoes, Carrots & Gravy	Quorn Sausage in a Bun with Caramelised Red Onions, Potato Wedges & Baked Beans	Macaroni Cheese With Herby Bread & Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Dutch Apple & Cinnamon Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat & Ginger Cookie

Week commencing - 5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
 Jacket Potato with filling
 Wholemeal bread
 Choice of salads
 Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.
 Or visit <http://j.mp/2RBGZUD>

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St. Mary's Autumn/Winter 2018/19 - Week 3

Option 1

Monday	Tuesday	Wednesday	Thursday	Friday
All Day Breakfast (Sausage, Scrambled Egg, Hash Brown & Baked Beans)	Cheese & Tomato Pasta Bake with "Home Made" Garlic Bread & Broccoli	Roast Chicken Thigh with Stuffing, New Potatoes, Carrots, Cabbage & Gravy	Beef Chilli with Rice, Sweetcorn, Minted Cucumber Raita & Tortilla Strips	MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Garden Peas (Tartare Sauce available)
Vegetarian All Day Breakfast (Vegetarian Sausage, Scrambled Egg, Hash Brown & Baked Beans)	Lime & Chilli Infused Flaked Salmon Pasta Bake served with Broccoli	Cheese & Tomato Wholemeal Quiche with New Potatoes, Carrots & Gravy	Smokey Bean Bredie with Rice, Sweetcorn, Minted Cucumber Riata & Tortilla Strips	Wholemeal Tortilla Cheese & Bean Stack Wrap with oven Chips & Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Option 2

Dessert

Week commencing - 12th Nov, 3rd Dec, 31st Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data. Or visit <http://j.mp/2RBlrGz>

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