

St Mary's C of E Primary School Spring/Summer 2018 - Week 1

Option 1

Chicken Fajitas served with a selection from the Deli Bar including Rice & Pasta Salads

Cheese & Tomato Pizza served with Spicy Potato Wedges & Coleslaw

Seasoned Chicken Thigh served with Fragrant Rice & Seasonal Vegetables

Savoury Mince filled Yorkshire Pudding served with New Potatoes, Carrots & Broccoli

Omega 3 Fish Fingers with a Lemon Wedge served with Chips and Garden Peas

Option 2

Vegetable & Bean Wholemeal Enchiladas served with a selection from the Deli Bar including Rice & Pasta Salads

Salmon & Tomato Wholemeal Pasta Bake served with Mixed Salad

Vegetable & Bean Chow Mein served with Oriental Rice

Savoury Quorn Mince filled Yorkshire Pudding served with New Potatoes, Carrots & Broccoli

Spinach & Ricotta Omelette served with Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Flapjack

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Lemon Curd Sponge

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream

Week commencing - 16th April, 8th May, 4th June, 25th June, 16th July, 3rd September, 24th September & 15th October

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/2lQnrra>

ASHLYNS
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St Mary's C of E Primary School Spring/Summer 2018 – Week 2

Option 1

Homemade Chicken Sausage Roll served with Minted Crushed New Potatoes and Baked Beans

Beef in Black Bean Sauce & Bean Shoots served with Rice, Carrots and Sweetcorn

Roast Turkey and Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy

Beef Meatballs in a Sweet Tomato Sauce served with Pasta, Homemade Garlic Bread and Sweetcorn

MSC Battered Cod Fillet and Tartare Sauce served with Chips and Garden Peas

Option 2

Homemade Vegetarian Sausage Roll served with Minted Crushed New Potatoes and Baked Beans

Martinique Vegetable & Chickpea Curry served with Turmeric Rice, Carrots and Sweetcorn

Caramelised Red Onion, Cheese & Cherry Tomato Wholemeal Tart served with Roast Potatoes & Seasonal Vegetables

Sweet Potato, Pepper & Lentil Risotto served with Homemade Garlic Bread

Spanish Omelette served with Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly & Cream

Freshly Cut Fruit
or
Frozen Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Shortbread

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Oaty Tart

Week commencing - 23rd April, 14th May, 11th June, 2nd July, 10th September & 1st October

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



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Or visit <http://j.mp/2ISnpiD>

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St Mary's C of E Primary School Spring/Summer 2018 – Week 3

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jollof Chicken served with Rice & Peas	Beef Chilli & Bean Wrap served with Coleslaw and a choice from the Deli Bar	Roast Chicken Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	Macaroni Cheese served with Homemade Garlic Bread and Mixed Salad	Ashlyns Beef Burger served with Chips and Baked Beans
Option 2	Vegetable & Bean Jollof served with Rice & Peas	Cheese & Tomato Wholemeal Flan served with Coleslaw and Potato Salad	Quorn Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	Chickpea, Pepper & Tomato Pasta served with Homemade Garlic Bread and Mixed Salad	Meat Free Burger served with Chips and Baked Beans
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 Chocolate Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt or Mixed Fruit Cookie

Week commencing - 30th April, 21st May, 18th June, 9th July, 17th September & 8th October

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/2IS959L>

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