

St Marys Primary Autumn/Winter 2023 Weekly Menu

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese Served with Homemade Garlic Bread and Broccoli	Chicken Curry served with Basmati Rice, Pea and Sweetcorn Medley	Ashlyns Beef Burger in a Bun served with Sauce Rainbow Coleslaw and Mixed Salad	Seasoned Roast Chicken Thigh served with Jollof Rice and Seasonal Vegetables	Breaded Cod Bites, Lemon Wedge, served with Herby Diced Potatoes & Baked Beans
Option 2	Buttered Pasta Served with Homemade Garlic Bread and Broccoli	Vegetable & Chickpea Curry served with Basmati Rice, Pea and Sweetcorn Medley	Breaded Vegetable Burger in a Bun served with Sauce Rainbow Coleslaw and Mixed Salad	Vegetable and Bean Jollof Rice served Seasonal Vegetables, Gravy	Wholemeal Mexican Bean Wrap served with Herby Diced Potatoes & Baked Beans
Dessert	Fresh Whole Fruit or Natural Yoghurt served with fruit coulis	Fresh Whole Fruit or Natural Yoghurt served with Honey or R/S Fruit Cookie	Fresh Whole Fruit or Natural Yoghurt served with Fruit Coulis	Fresh Whole Fruit or Natural Yoghurt with Honey or R/S Apple Crumble and Custard	Fresh Whole Fruit or Frozen Yoghurt

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.

ASHLYNS
 High Laver Hall, Ongar, Essex, CM5 0DU
 Tel: 01277 890411/821 Fax: 0871 431 0608
 E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

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Option 1					
Option 2					
Dessert					

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Option 2

Dessert

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