

St Mary's CofE Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Tomato Pasta Bake served with Homemade Garlic Bread and Mixed Salad (V)	Moroccan Chicken served with Lemon Cous Cous and Garlic Green Beans	Mild Mexican Chilli Con Carne served with Ashlyns Salsa and Savoury Vegetable Wholemeal Rice	Roast Chicken Thigh served with Sage & Onion Stuffing, Roast Potatoes, Carrots, Peas & Gravy	MSC Battered Cod Fillet served with Chips and Baked Beans
Option 2	Red Pepper, Chickpea & Pesto Pasta served with Homemade Garlic Bread and Mixed Salad (Ve)	Moroccan Cauliflower Florets served with Lemon Cous Cous and Garlic Green Beans (Ve)	Mexican Style Chilli <i>Non</i> Carne served with Ashlyns Salsa and Savoury Vegetable Wholemeal Rice (Ve)	Roast Quorn Fillet served with Sage & Onion Stuffing, Roast Potatoes, Carrots, Peas & Gravy (Ve)	Crunchy Vegetable Fingers served with Chips and Baked Beans (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Vanilla & Coconut Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Lemon & Lime Shortbread (Ve)	Freshly Cut Fruit (Ve) or Frozen Yoghurt (V), (VA)

W/C - 4th November, 25th November, 16th December, 20th January, 10th February, 10th March and 31st March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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

St Mary's CofE Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Creamy Macaroni Cheese served with Garlic Green Beans (Ve)

BBQ Chicken Thigh served with Mac "N" Cheese and Mixed Salad

Mixed Bean Jamaican Pattie served with Rice & Peas and Plantain (Ve)

Savoury Veggie Mince served with Garlic & Herb Crushed Potatoes and a Carrot & Pea Medley (Ve)

Ashlyns Beef Burger in a Roll served with Oven Chips and Baked Beans

Option 2

Spinach and Sweet Potato Lentil Dahl served with Fragrant Wholemeal Rice and Garlic Green Beans (Ve)

Buffalo Cauliflower Wings served with Sweet Potato Wedges and Mixed Salad (Ve)

Jerk Chicken Thigh served with Rice & Peas and Plantain

Savoury Beef Mince served with Garlic & Herb Crushed Potatoes and a Carrot & Pea Medley

Breaded Vegetable Burger in a Bun served with Chips and Baked Beans (Ve)

Dessert

Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)

Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Apple Oatmeal Cookie (Ve)

Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)

Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Jam Roly Poly with Custard (V)

Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

W/C - 11th November, 2nd December, 6th January, 27th January, 24th February and 17th March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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



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St Mary's CofE Primary School Menu – Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza served with Herby Diced Potatoes and Rainbow Coleslaw (V)	Peri Peri Chickpea in a Tangy Tomato Pasta served with Sweetcorn (V)	Chicken Sausage Toad in the Hole served with Creamy Mash, Peas & Gravy	Mixed Bean & Vegetable Wholemeal Quesadilla served with a Selection of Salads from the Deli Bar (Ve)	MSC Battered Cod Fillet served with Chips and Baked Beans
Option 2	Sweetcorn, Red Onion and Tomato Pizza served with Herby Diced Potatoes and Rainbow Coleslaw (Ve)	Peri Peri Chicken Pasta Bake served with Sweetcorn	Baked Vegetarian Sausage Toad in the Hole served with Creamy Mash, Peas & Gravy (V), (VA)	Mince Beef and Cheese Tortilla Slice served with a Selection of Salads from the Deli Bar	Quorn Nuggets served with Chips and Baked Beans (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Lemon Drizzle Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Iced Carrot Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Fruit Jelly (Ve)

W/C - 18th November, 9th December, 13th January, 3rd February, 3rd March and 24th March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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



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