

Coleridge Primary School Autumn/Winter 2017 - Week 1

Option 1

Option 2

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Jalfrezi served with Basmati Rice & Broccoli	Creamy Cheese & Vegetable Pasta Bake served with Mixed Salad	Roast Breast of Chicken served with New Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Bun served with Potato Wedges and Baked Beans	MSC Cod Fish Fingers served with Chips and Garden Peas
Vegetable & Lentil Biryani served with Broccoli	Baked Salmon served with Pasta Spirals and Mixed Salad	Cheese & Tomato Wholemeal Quiche served with New Potatoes, Seasonal Vegetables and Gravy	Meat Free Burger in a Bun served with Potato Wedges and Baked Beans	Roasted Vegetable & Lentil Strudel served with Chips and Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Sultana Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pot

Week commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February and 19th March

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/2gmCUFZ>

ASHLYNS
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Coleridge Primary School Autumn/Winter 2017 - Week 2

Option 1

Traditional Beef Bolognese served with Wholemeal Pasta Spirals & Courgettes

Option 2

Vegetable & Lentil Bolognese served with Wholemeal Pasta Spirals & Courgettes

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly

Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy

Cheese & Potato Whirl served with Roasted Seasonal Vegetables and Gravy

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Thursday

BBQ Chicken Thighs served with Long Grain Rice and Peas

BBQ Quorn Fillet served with Long Grain Rice and Peas

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

Friday

MSC Cod Fish Fingers served with Chips and Baked Beans

Spanish Omelette served with Chips and Baked Beans

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Flapjack

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March and 26th March

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/2gmww1N>

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Coleridge Primary School Autumn/Winter 2017 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Ashlyns Pork or Chicken Sausage Toad in the Hole served with Creamy Potatoes, Sweetcorn and Gravy	Creamy Macaroni Cheese served with 'Home Made' Garlic Bread and Peas	Roast Chicken Thigh served with Roast Potatoes, Seasonal Vegetables and Gravy	Savoury Minced Beef & Vegetables served with Braised Rice	MSC Cod Fish Fingers served with Chips and Baked Beans
Option 2	Meat Free Sausage Toad in the Hole served with Creamy Potatoes, Sweetcorn and Gravy	Tuna & Tomato Pasta Bake served with 'Home Made' Garlic Bread and Peas	Lentil Cottage Pie served Seasonal Vegetables and Gravy	Chick Pea & Aubergine Tagine served with Braised Rice	Cheesy Wholemeal Wrap Stack served with Chips and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Dutch Apple Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce

Week commencing - 13th November, 4th December, 1st January, 22nd January, 19th February and 12th March

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/2gmf5OH>

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