

Coleridge 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 Feb, 18th Mar

All poultry is Halal Certified. 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/2Ei0MWr>

ASHLYNS
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Coleridge Autumn/Winter 2018/19 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pepperoni Pizza with a selection of salads and extra toppings from the Salad Cart	Hot & Kicking Chicken with Rice & Green Beans	Roast Chicken Thigh with Stuffing, New Potatoes, Carrots, Cabbage & Gravy	Chicken or Pork Sausage Toad in the Hole with Mashed Potato, Baked Beans & Onion Gravy	MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Garden Peas
Option 2	Cheese & Tomato Pizza with a selection of salads and extra toppings from the Salad Cart	Mexican Lentil & Potato Casserole with Rice & Green Beans	Cheese & Tomato Wholemeal Quiche with New Potatoes, Carrots & Gravy	Quorn Sausage Toad in the Hole with Mashed Potato, Baked Beans & Onion Gravy	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 poultry is Halal Certified. Our fish is Marine Stewardship Council approved.

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



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Coleridge Autumn/Winter 2018/19 - Week 3

Option 1

All Day Breakfast
(Pork or Chicken Sausage,
Scrambled Egg, Hash Brown
& Baked Beans)

Option 2

Vegetarian All Day Breakfast
(Vegetarian Sausage,
Scrambled Egg, Hash Brown
& Baked Beans)

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Tuesday

Tuna Pasta Bake with
"Home Made" Garlic
Bread & Broccoli

Cheese & Tomato Pasta
Bake with "Home Made"
Garlic Bread & Broccoli

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Apple Crumble &
Custard

Wednesday

Roast Beef with Yorkshire
Pudding, Roast Potatoes,
Carrots, Broccoli & Gravy

Roasted Vegetable & Lentil
Wholemeal Tart with Roast
Potatoes, Carrots & Gravy

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Thursday

Beef Chilli with Rice,
Sweetcorn, Minted
Cucumber Raita & Tortilla
Strips

Smokey Bean Bredie with
Rice, Sweetcorn, Minted
Cucumber Raita & Tortilla
Strips

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Cookie

Friday

MSC Battered Cod Fillet
with a Lemon Slice, Oven
Chips & Garden Peas
(Tartare Sauce available)

Wholemeal Tortilla
Cheese & Bean Stack
Wrap with oven Chips &
Garden Peas

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Frozen Yoghurt

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

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



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