

Coleridge Primary School Autumn 2020 - Week 1

Option 1

Creamy Macaroni
Cheese served with
Green Beans

Spicy Beef & Cheese
Wholemeal Wrap Slice
served with Rice Salad &
Coleslaw

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

Ashlyns Beef Burger served
with New Potatoes & Baked
Beans

Breaded Omega 3 Fish
Fingers served with Oven
Chips & Peas

Option 2

Pesto Pasta served with
Green Beans

Vegetable & Grated Egg
Wholemeal Wrap Stack
served with Rice Salad &
Coleslaw

Roasted Vegetable & Lentil
Strudel served with Roasted
Potatoes and Seasonal
Vegetables

Meat Free Burger served
with New Potatoes & Baked
Beans

Vegetable & Bean Chow
Mein

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Iced Lemon Sponge

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Sultana Flapjack

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Frozen Yoghurt

Week commencing - 2/11, 23/11, 14/12, 18/1, 8/2, 8/3 and 29/3

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

Coleridge Primary School Autumn 2020 - Week 2

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jacket Potato with a Variety of Fillings served with Mixed Salad	Beef Bolognese served with Pasta Spirals & Sweetcorn	BBQ Chicken Thighs served with Wholegrain Savoury Vegetable Rice	Pork or Chicken Sausage served with Fried Onion, Herby Diced Potatoes and Baked Beans	Battered Cod Fillet served with Oven Chips & Peas
Option 2	Jacket Potato with a Variety of Fillings served with Mixed Salad	Cheese Topped Mediterranean Vegetable Pasta Bake served with Sweetcorn	Aubergine & Tomato Parmegiana served with Wholegrain Savoury Vegetable Rice	Quorn Sausage served with Fried Onion, Herby Diced Potatoes and Baked Beans	Spinach & Ricotta Frittata served with Oven Chips & Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Sponge & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly

Week commencing - 9/11, 30/11, 4/1, 25/1, 27/2, and 15/3

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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Coleridge Primary School Autumn 2020 - Week 3

Option 1

Cheese & Tomato Pizza served with New Potatoes and Mixed Salad

Tuesday
'All Day Breakfast'

Wednesday
Chicken Thigh Provençal served with Pasta, Broccoli & Carrots

Thursday
Chicken in Black Bean sauce served with Boiled Long Rice & Stir Fried Mixed Vegetables

Friday
Omega 3 Fish Fingers served with Oven Chips and Baked Beans

Option 2

Cheese & Tomato Pizza served with New Potatoes and Mixed Salad

Tuesday
Meat Free 'All Day Breakfast'

Wednesday
Leek & Cheese Wholemeal Quiche served with Broccoli & Carrots

Thursday
Quorn Pieces in Black Bean sauce served with Boiled Long Rice & Stir Fried Mixed Vegetables

Friday
Cheesy Wholemeal Wrap Stack served with Oven Chips and Baked Beans

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Tuesday
Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie

Wednesday
Freshly Cut Fruit or Organic Fruit Yoghurt

Thursday
Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake with Fresh Cream

Friday
Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 16/11, 7/12, 11/1, 1/2, 1/3 and 22/3

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



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