

Coleridge Primary Autumn/Winter 2021/2022 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	Slow Cooked BBQ Chicken served with Braised Rice and Seasonal Vegetables	Roast Turkey & Stuffing served with Roast Potatoes, Cauliflower, Carrots & Gravy	Ashlyns Beef Sausage Pasta served with a Mixed Salad	MSC Battered Fish Fillet, Lemon, Tartare Sauce served with Oven Chips & Garden Peas
Option 2	Leek & Mushroom Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	Smokey BBQ Bean & Vegetable Casserole served with Braised Rice and Seasonal Vegetables	Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Cauliflower, Carrots & Gravy	Cheese and Tomato Pasta Bake served with a Mixed Salad	Ratatouille & Chickpea served with Whole Grain Rice & Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Banana FlapJack	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

W/C - 1st November, 22nd November, 13th December, 17th January, 7th February, 7th March & 28th 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.

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 Autumn/Winter 2021/2022 - Week 2

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and Bean Chow Mein	Chicken Puttanesca served with Spaghetti and a Butter Bean Salad	Flavoured Chicken Thigh served with Coriander Rice, Carrot & Sweetcorn Medley	Ashlyns Beef Burger in a Bun served with Buttered New Potatoes and Minted Peas	Omega 3 Fish Fingers served with Oven Chips & Baked Beans
Option 2	Cheese and Potato Whirl served with Roasted Winter Vegetables	Wholemeal Spaghetti Puttanesca served with a Butter Bean Salad	Mexican Style Vegetable & Bean Chilli served with Coriander Rice, Carrot & Sweetcorn Medley	Meat Free Burger in a Bun served with Buttered New Potatoes & Minted Peas	Cheese & Tomato Quiche served with Oven Chips & Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Oaty Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 8th November, 29th November, 3rd January, 24th January, 21st February & 14th March

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



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Coleridge Primary Autumn/Winter 2021/2022 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Cheese and Tomato Pasta Bake with Homemade Garlic Bread & Sweetcorn	Italian Style Beef Pepperoni Pizza served with Tomato Pasta Salad & Coleslaw	Roast Chicken Thigh served with Sauté New Potatoes, Pea & Carrot Medley and Gravy	Mexican Beef Chilli served with Wholegrain Rice & Tomato Salad	Omega 3 Breaded Fish Fingers, Lemon Wedge, served with Oven Chips & Baked Beans
Option 2	Buttered Pasta & Cannelloni Beans with Homemade Garlic Bread & Sweetcorn	Margarita Pizza served with Tomato Pasta Salad & Coleslaw	Flaky Puff Pastry Quorn Pie served with Sauté New Potatoes, Pea & Carrot Medley and Gravy	Mexican Quorn & Kidney Bean Chilli served with Wholegrain Rice & Tomato Salad	Roasted Leek, Red Onion & Feta Cheese Wholemeal Tart served with Oven Chips & Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 15th November, 6th December, 10th January, 31st January, 28th February & 21st March

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



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