

St Scholastica's Catholic Primary School Autumn Menu - Week 1

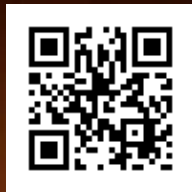
Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Homemade Garlic Bread and Peas	Beef & Cheese Tortilla Slice served with Wholemeal Rice and Coleslaw	Turkey Breast and Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger in a Roll served with a Deli Bar including Carrot, Orange & Sultana Salad	MSC Battered Fish Fillet with Tartare Sauce, Oven Chips & Peas
Option 2	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Iced Lemon & Orange Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Mixed Fruit Cookies	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.
Or visit <https://j.mp/313xy5T>

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 Scholastica's Catholic Primary School Autumn Menu - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese, Tomato & Basil Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Beef Bolognese with Wholemeal Pasta served with Seasonal Vegetables	Cajun Chicken Thighs served with Fragrant Rice and Carrots	Homemade Ashlyns Sausage Rolls served with Crushed New Potatoes and Baked Beans	Battered Cod Fillet served with Oven Chips & Peas
Option 2	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Apple Cake

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



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.
 Or visit <https://j.mp/2Ez6C6p>

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 Scholastica's Catholic Primary School Autumn Menu - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mild Chicken Curry served with Turmeric Rice, Carrots and Peas	Baked Pasta Shells with Beef & Tomato Sauce served with Homemade Garlic Bread and Mixed Salad	Lemon and Thyme Roasted Chicken Thigh served with Roasted Baby Potatoes, Broccoli and Gravy	Beef in a Black Bean sauce and Bean Shoots served with Coriander Rice and Roasted Vegetables	Omega 3 Fish Fingers with a Lemon Wedge served with Oven Chips and Baked Beans
Option 2	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings	Filled Jacket Potato with a Variety of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

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

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.
Or visit <https://j.mp/33aK3iC>

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

