

Thorpedene Primary School – Week 1

Option 1

BBQ Chicken Fillet served with Turmeric Rice, Green Beans and Sweetcorn

Beef Bolognese served with Tricolour Pasta Spirals and Broccoli

Roast Gammon and Pineapple served with New Potatoes and Roasted Seasonal Vegetables

All Day Breakfast served with Hash Browns, Scrambled Egg and Baked Beans

Battered Fillet of Cod served with Oven Chips and Garden Peas

Option 2

Quorn & Mixed Peppers in a Black Bean Sauce served with Oriental Rice and Green Beans

Quorn Bolognese served with Tricolour Pasta Spirals and Broccoli

Caramelised Onion, Mozzarella Cheese and Cherry Tomato Tart served with New Potatoes and Roasted Seasonal Vegetables

All Day Vegetarian Breakfast served with Hash Browns, Scrambled Egg and Baked Beans

Spinach & Ricotta Omelette served with Oven Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Shortbread

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Brownie

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Marble Cake and Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Jelly

Week commencing - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th October

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/2nEm6Mb>

ASHLYNS
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Thorpedene Primary School – Week 2

Option 1

Mild Chicken Curry served with Coriander Rice and Roasted Seasonal Vegetables

Ashlyns Pork Meatballs served with Sweet Tomato Pasta

Roast Chicken Fillet served with Sage & Onion Stuffing, Roast Potatoes, Broccoli, Carrots and Gravy

Ashlyns Beef Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads

MSC Cod Fish Fingers served with Oven Chips and Baked Beans

Option 2

Potato & Chick Pea Curry served with Coriander Rice and Roasted Seasonal Vegetables

Sweet Tomato and Red Lentil Pasta

Cheese & Potato Whirl served with Broccoli, Carrots and Gravy

Meat Free Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads

Cheese & Tomato Wholemeal Quiche served with Oven Chips and Baked Beans

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Chip Cookie

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Iced Fairy Cakes

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Orange or Lemon Sorbet

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Iced Carrot Cake

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Cherry Cookie

Week commencing - 24th April, 15th May, 12th June, 3rd July, 4th September, 25th September and 16th October

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



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Thorpedene Primary School – Week 3

Option 1

Option 2

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Ham Creamy Pasta Bake served with a Herby Bread Slice and Mixed Salad	Pizza with a Variety of Toppings served with a Selection from the Deli Bar including Rice or Pasta Salads	Roast Topside of Beef served with a Yorkshire Pudding, Roast Potatoes, Cauliflower, Carrots and Gravy	Home Made Pork Sausage Puff Pastry Roll served with Creamy Mashed Potato and Baked Beans	Battered Cod Fillet served with Oven chips, Garden Peas and sweetcorn
Macaroni Cheese served with a Herby Bread Slice and Mixed Salad	Salmon and Potato Puff served with a Selection from the Deli Bar including Rice or Pasta Salads	Spinach, Sweet Potato and Lentil Dahl served with Basmati Rice and Cauliflower	Home Made Quorn Sausage Puff Pastry Roll served with Creamy Mashed Potato and Baked Beans	Cheddar Cheese & Vegetable Wholemeal Stack Wrap served with Oven Chips, Garden Peas and Sweetcorn
Freshly Cut Fruit or Organic Fruit Yoghurt or Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Oaty Crunch & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Krispies	Freshly Cut Fruit or Organic Fruit Yoghurt or Coconut Jam Slice

Week commencing - 1st May, 22nd May, 19th June, 10th July, 11th September and 2nd October

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



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