

Thorpedene Primary School 2017 - Week 1

Option 1

Cajun Chicken Breast served with Basmati Rice & Peas

Creamy Cheese & Vegetable Pasta Bake served with Mixed Salad

Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy

Chicken Jalfrezi served with Basmati Rice, Cauliflower & Carrots

MSC Battered Fillet of Cod served with Oven Chips and Garden Peas

Option 2

Cajun Quorn Fillet served with Basmati Rice & Peas

Lime & Chilli Infused Baked Salmon served with Pasta Spirals and Mixed Salad

Cheese & Tomato Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy

Vegetable & Lentil Biryani served with Cauliflower & Carrots

Roasted Vegetable & Lentil Strudel served with Oven Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Peaches & Cream

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruity Crunch

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Sultana Sponge and Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Brownie

Week commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February and 19th 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
Freshly Baked Bread
Choice of salads
Milk & 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/2ggUJDo>

ASHLYNS
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Thorpedene Primary School 2017 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Traditional Beef Bolognese served with Pasta Spirals & Courgettes	Pepperoni Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads	Honey Roast Gammon served with Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Bun served with New Potatoes and Baked Beans	MSC Cod Fish Fingers served with Oven Chips and Baked Beans
Option 2	Vegetable & Lentil Bolognese served with Pasta Spirals & Courgettes	Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads	Cheese & Potato Whirl served with Roast Potatoes, Seasonal Vegetables and Gravy	Meat Free Burger in a Bun served with New Potatoes and Baked Beans	Spanish Omelette served with Oven Chips and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Apricot Sponge & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Sponge & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March and 26th 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
Freshly Baked Bread
Choice of salads
Milk & Water



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Thorpedene Primary School 2017 - Week 3

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Macaroni Cheese served with 'Home Made' Garlic Bread and Peas	Ashlyns Pork Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Roast Chicken Breast served with Roast Potatoes, Seasonal Vegetables and Gravy	Beef Meatballs in a Rich Italian Tomato Sauce served with Braised Rice and Green Beans	MSC Battered Cod Fillet served with Oven Chips and Baked Beans
Option 2	Tuna & Tomato Pasta Bake served with 'Home Made' Garlic Bread and Peas	Ashlyns Meat Free Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Lentil Cottage Pie served with Seasonal Vegetables and Gravy	Chick Pea & Aubergine Tagine served with Braised Rice	Cheesy Wrap Stack served with Oven Chips and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Rice Pudding	Freshly Cut Fruit or Organic Fruit Yoghurt or Dutch Apple Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Krispie Cake

Week commencing - 13th November, 4th December, 1st January, 22nd January, 19th February and 12th 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
Freshly Baked Bread
Choice of salads
Milk & Water



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