

Thorpedene Primary School Spring/Summer 2018 - Week 1

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Homemade Sausage Roll served with New Potatoes and Baked Beans	Cheese & Tomato Pizza served with Coleslaw & Mixed Leaf Salad	Roast Turkey & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Mexican Chicken in a Taco served with Mexican Style Rice & Salad	Omega 3 Fish Fingers served with Oven Chips and Garden Peas
Option 2	Homemade Meat Free Sausage Roll served with New Potatoes and Baked Beans	Tuna Pasta Bake served with Coleslaw & Mixed Leaf Salad	Spinach & Ricotta Frittata served with Roast Potatoes and Seasonal Vegetables	Sweet Potato, Pepper & Lentil Risotto	Cheesy Wholemeal Wrap Stack served with Oven Chips and Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt/Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit	Freshly Cut Fruit or Organic Fruit Yoghurt or Krispie Cakes

Week commencing - 16th April, 8th May, 4th June, 25th June, 16th July, 3rd September, 24th September & 15th October

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 <http://j.mp/2GdohQg>

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

Thorpedene Primary School Spring/Summer 2018 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Savoury Minced Beef filled Yorkshire Pudding served with New Potatoes, Broccoli & Carrots	Cheesy Macaroni or Cheese & Bacon Macaroni served with a Homemade Garlic Slice and Garden Peas	Roast Chicken Fillet served with Roast Potatoes, Cabbage, Cauliflower and Gravy	BBQ Pulled Pork in a Tortilla Wrap served with Coleslaw & Mixed Leaf Salad	Ashlyns Burger served with Potato Wedges and Baked Beans
Option 2	Savoury Minced Quorn filled Yorkshire Pudding served with New Potatoes, Broccoli & Carrots	Vegetable & Lentil Lasagne served with a Homemade Garlic Slice and Garden Peas	Tomato & Mozzarella Wholemeal Tart served with Roast Potatoes, Cabbage, Cauliflower and Gravy	Falafel & Mixed Pepper Tortilla Wrap served with Coleslaw & Mixed Leaf Salad	Meat Free Burger served with Potato Wedges and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt or Oaty Fruit Crunch & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Jam & Coconut Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly

Week commencing - 23rd April, 14th May, 11th June, 2nd July, 10th September & 1st October

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 <http://j.mp/2GgEu7s>

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

Thorpedene Primary School Spring/Summer 2018 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Bolognese served with Pasta Spirals, Green Beans & Courgettes	Sausage Toad in the Hole served with Creamy Mashed Potato, Cabbage, Sweetcorn and Gravy	Roast Leg of Pork served with Roast Potatoes, Cauliflower, Carrots and Gravy	Smokey Chicken in a Tomato & Pepper Sauce served with Savoury Rice & Carrots	MSC Battered Cod Fillet served with Oven Chips and Garden Peas
Option 2	Vegetable & Lentil Bolognese served with Pasta Spirals, Green Beans & Courgettes	Vegetarian Sausage Toad in the Hole served with Creamy Mashed Potato, Cabbage, Sweetcorn and Gravy	Covent Garden Pie served with Roast Potatoes, Cauliflower, Carrots and Gravy	Chickpea & Butternut Squash Casserole served with Savoury Rice & Carrots	Cheese & Tomato Wholemeal Flan served with Oven Chips and Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Rock Cakes	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Curd Sponge & Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Oaty Cookies

Week commencing - 30th April, 21st May, 18th June, 9th July, 17th September & 8th October

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 <http://j.mp/2G1ExAK>

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

