

Thorpedene Autumn/Winter 2018/19 – Week 1

Option 1

Pasta Bar with a selection of toppings, (Creamy Cheese & Ham, Bolognaise or Tomato & Vegetable) served with mixed salad & herb bread

Southern Style Breaded Chicken with Braised Vegetable Rice (skinless b/less thigh)

Roast Chicken & Stuffing served with Roast Potatoes, Cabbage, Carrots & Gravy

Sausage Roll with Crushed New Potatoes & Baked Beans

Battered Fillet of Cod served with Oven Chips & Garden Peas

Option 2

Macaroni Cheese served with a mixed salad & herb bread

Southern Style Breaded Quorn Strips with Braised Vegetable Rice

Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Shredded Cabbage, Carrots & Gravy

Quorn Sausage Roll with Crushed New Potatoes & Baked Beans

Courgette & Tomato Wholemeal Quiche with Oven Chips & Garden Peas

Dessert

Freshly cut fruit
or
Organic fruit yoghurt
or
Lemon Shortbread

Freshly cut fruit
or
Organic fruit yoghurt
or
Chocolate Sponge & Chocolate Sauce

Freshly cut fruit
or
Organic fruit yoghurt
or
Jelly

Freshly cut fruit
or
Organic fruit yoghurt
or
Ice Cream

Freshly cut fruit
or
Organic fruit yoghurt
or
Jam Sponge with Custard

Week commencing - 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th Feb, 18th Mar

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Wholemeal bread, Water,
Choice of salads
Jacket Potato with filling -
(Monday-Thursday)



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/2EpaCWu>

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Thorpedene Autumn/Winter 2018/19 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Bolognaise Wholemeal Pasta Bake with 'Home Made' Garlic Bread & Peas	Pepperoni Pizza served with Coleslaw & mixed bean salad	Roast Topside of Beef & Yorkshire Pudding with Roast Potatoes, Cauliflower, Carrots & Gravy	Mild Chicken Curry with Turmeric Rice & Broccoli Florets	Ashlyns Cheese Burger in a Bun served with Potato Wedges & Baked Beans
Option 2	Quorn Bolognaise Wholemeal Pasta Bake with 'Home Made' Garlic Bread & Peas	Margarita Pizza served with Coleslaw & mixed bean salad	Lentil & Vegetable Loaf & Yorkshire Pudding served with Roast Potatoes, Cauliflower Florets, Carrots & Gravy	Sweet Potato, Spinach Lentil & Dhal with Turmeric Rice & Broccoli Florets	Meat Free Burger in a Bun served with Potato Wedges & Baked Beans
Dessert	Freshly cut fruit or Organic fruit yoghurt or Apricot Sponge & Custard	Freshly cut fruit or Organic fruit yoghurt or Ice Cream	Available Daily ... Wholemeal bread, choice of salads or Jacket Potato with filling - (Monday- Thursday) Freshly cut fruit or Organic fruit yoghurt or Jelly	Freshly cut fruit or Organic fruit yoghurt or Iced Dutch Apple & Cinnamon Cake	Freshly cut fruit or Organic fruit yoghurt or Oat & Ginger Cookies

Week commencing - 5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar

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Available Daily ...
Wholemeal bread, Water,
Choice of salads
Jacket Potato with filling -
(Monday-Thursday)



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Or visit <http://j.mp/2EckH9g>

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Thorpedene Autumn/Winter 2018/19 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork Sausage 'Toad in the Hole' with New Potatoes & Carrots	BBQ Chicken served with Rice & Sweetcorn	Slow Roasted Gammon served with Gravy, Roast Potatoes, Shredded Cabbage & Carrots	Beef Chilli Taco served with Mexican Rice	MSC Breaded Omega 3 Fish Fingers served with Oven Chips and Peas
Option 2	Quorn Sausage 'Toad in the Hole' with New Potatoes & Carrots	BBQ Quorn Fillet served with Rice & Sweetcorn	Cheese & Potato Whirls served with Carrots & Shredded Cabbage	Cheese, Bean & Spinach Wholemeal Wrap Stack served with Mexican Rice	Courgette & Feta Cheese Frittata served with Oven Chips & Peas
Dessert	Freshly cut fruit or Organic fruit yoghurt or Chocolate Cookies	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 Oaty Crunch & Custard	Freshly cut fruit or Organic fruit yoghurt or Fruit Jelly

Week commencing - 12th Nov, 3rd Dec, 31st Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

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Available Daily ...
Wholemeal bread, Water,
Choice of salads
Jacket Potato with filling -
(Monday-Thursday)



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Or visit <http://j.mp/2Ei9NPn>

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