### Thorpedene Primary School – Week 1

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta Bar with Homemade Garlic Bread &amp; Sweetcorn</td>
<td>Chilli Beef Taco with Boiled Long Grain Rice and Mixed Salad</td>
<td>Roast Chicken Breast with Sage &amp; Onion Stuffing served with Roast Potatoes, Seasonal Fresh Vegetables &amp; Gravy</td>
<td>Homemade Sausage Roll served with Crushed New Potatoes and Baked Beans</td>
<td>Breaded Fish Fingers served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Macaroni Cheese with Homemade Garlic Bread &amp; Sweetcorn</td>
<td>Vegetable Chilli Taco with Boiled Long Grain Rice and Mixed Salad</td>
<td>Caramelised Onion, Tomato &amp; Mozzarella Tart with Roast Potatoes, Seasonal Vegetables and Gravy</td>
<td>Meat Free Sausage Roll served with Crushed New Potatoes and Baked Beans</td>
<td>Vegetable &amp; Cheese Wrap Stack served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookie</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Oaty Crunch &amp; Custard</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Apple Sponge &amp; Custard</td>
</tr>
</tbody>
</table>

Week commencing - 4th November, 25th November, 16th December, 20th January, 10th February, 9th March and 30th March

Omega 3 Jacket Potato Filling available every day

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/32kk0m5

Available Daily: 
- Jacket Potato with filling
- Wholemeal bread
- Choice of salads
- Water
## Thorpedene Primary School - Week 2

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti Bolognaise served with Homemade Garlic Bread and Sweetcorn</td>
<td>Pork Sausage ‘Toad in the Hole’ served with Creamed Potatoes, Carrots and Gravy</td>
<td>Roast Turkey served with Roast Potatoes and Seasonal Fresh Vegetables</td>
<td>Cheese &amp; Tomato Pizza and a selection of Toppings with Rice Salad &amp; Mixed Salad</td>
<td>Battered Cod Fillet served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Lentil and Vegetable Bolognaise served with Homemade Garlic Bread and Sweetcorn</td>
<td>Meat Free Sausage ‘Toad in the Hole’ served with Creamed Potatoes, Carrots and Gravy</td>
<td>Baked Lentil &amp; Vegetable Loaf served with Roast Potatoes and Seasonal Fresh Vegetables</td>
<td>Cheese &amp; Tomato Pizza and a selection of Toppings with Rice Salad &amp; Mixed Salad</td>
<td>Spinach and Cheese Spanakopita served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Vanilla Shortbread</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge with Chocolate Sauce</td>
</tr>
</tbody>
</table>

Week commencing - 11th November, 2nd December, 6th January, 27th January, 24th February and 16th March

**Dessert**
- Freshly Cut Fruit
- Organic Fruit Yoghurt
- Frozen Yoghurt
- Wholemeal bread
- Choice of salads
- Water

**Omega 3 Jacket Potato Filling available every day**

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/2IV0ODE](http://j.mp/2IV0ODE)

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**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 – Week 3**

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

<table>
<thead>
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<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken and Bacon Pasta Bake served with Mixed Salad</td>
<td>Savoury Minced Beef in a Yorkshire Pudding served with Creamed Potatoes and Sliced Carrots</td>
<td>Barbecue Chicken served with Savoury Rice and Seasonal Vegetables</td>
<td>Ashlyns Beefburger in a Floured Bun served with Potato Wedges and Baked Beans</td>
<td>Breaded Fish Fingers served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Macaroni Cheese served with Mixed Salad</td>
<td>Savoury Minced Quorn in a Yorkshire Pudding served with Creamed Potatoes and Sliced Carrots</td>
<td>Barbecue Quorn Fillet served with Savoury Rice and Seasonal Vegetables</td>
<td>Meat Free Burger in a Floured Bun served with Potato Wedges and Baked Beans</td>
<td>Cheese &amp; Onion Whirl served with Oven Chips and Peas</td>
</tr>
<tr>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Apricot Cookies</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Syrup &amp; Sultana Sponge &amp; Custard</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly</td>
<td>Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream</td>
</tr>
</tbody>
</table>

Week commencing - 18th November, 9th December, 13th January, 3rd February, 2nd March and 23rd March

**Omega 3 Jacket Potato Filling available every day**

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/2oCAVBP

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

ASHLYNS
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E-mail: info@ashlyns.co.uk www.ashlyns.co.uk