

# Shacklewell Primary School Spring & Summer Menu - Week 1

(V) = Vegan

(VA) = Vegan Alternative Available

## Option 1

Meat Free Monday  
Tomato & Mozzarella  
Pizza served with New  
Potatoes and Chilli  
Sweetcorn

Tuesday  
Homemade Barbecue  
Chicken served with  
Basmati Rice and Coleslaw

Wednesday  
Roast Topside of Beef  
served with Roast potatoes,  
Yorkshire Pudding, Savoy  
Cabbage and Gravy

Thursday  
Jerk Chicken, Rice & Peas  
served with a Sweetcorn  
Salsa

Friday  
Breaded Omega 3 Fish  
Fingers served with Oven  
Chips and Peas

## Option 2

Roast Vegetable and  
Chick Pea Tagine served  
with a Lemon Cous Cous  
Salad  
(V)

Wholemeal Spaghetti  
Puttanesca served with a  
Butter Bean Salad  
(V)

Leek and Mushroom  
Macaroni Cheese served  
with Broccoli

Mixed Bean Patty served  
with Rice & Peas and a  
Sweetcorn Salsa  
(V)

Quorn and Vegetable  
Slice served with Oven  
Chips and Peas

## Dessert

Freshly Cut Fruit  
or  
Organic Yoghurt

Freshly Cut Fruit  
or  
Organic Yoghurt  
or  
Chocolate Cheesecake

Freshly Cut Fruit  
or  
Organic Yoghurt

Freshly Cut Fruit  
or  
Organic Yoghurt  
or  
Granola Topped Greek  
Yoghurt with Summer Berries

Freshly Cut Fruit  
or  
Organic Yoghurt  
or  
Frozen Yoghurt (VA)

Week Commencing - 25th April, 16th May, 13th June, 4th July, 29th August, 19th September and 10th 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.

**ASHLYNS**

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# Shacklewell Primary School Spring & Summer Menu - Week 2

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	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Penne Pasta with Lentils, Roasted Peppers and Tomato Ragu	Beef Chilli served with Rice, Sweetcorn and Nachos	Chicken and Vegetable Pie served with Parsley Potatoes, Summer Vegetables and Gravy	Chicken Sausage served with Potato wedges, Peas and a Breaded Onion Ring	Breaded Omega 3 Fish Fingers served with Oven Chips and Baked Beans
Option 2	Vegetable and Chick Pea Curry served with Basmati Rice (V)	Cheese Tart served with a Mixed Salad and Homemade Bread	Leek, Potato and Cheddar Cheese Wholemeal Pasty served with Summer Vegetables	Vegetarian Sausage served with Potato Wedges, Peas and a Breaded Onion Ring	Tempura Vegetables with Soba Noodles, Haricot Beans and Soy Sauce (V)
Dessert	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Banana and Stem Ginger Cake	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Chocolate Cherry Brownie	Freshly Cut Fruit or Organic Yoghurt or Frozen Yoghurt (VA)

Week Commencing - 2nd May, 23rd May, 20th June, 11th July, 5th September, 26th September and 17th 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



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# Shacklewell Primary School Spring & Summer Menu - Week 3

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	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Three Cheese & Spinach Pasta Bake served with Homemade Garlic Bread	Peri Peri Chicken drumsticks served with Potatas Bravas and Broccoli	Chicken Kebab served with Orzo Rice, Rainbow salad and Garlic sauce	Ashlyns Beef Burger served with Potato Wedges and Baked Beans	Breaded Omega 3 Fish Fingers served with Oven Chips and Peas
<b>Option 2</b>	Ginger Crusted Tofu served with Noodles and Haricot Beans (V)	Peri Peri Butter Bean and Wholemeal Wrap served Potatas Bravas and Broccoli (V)	Red Lentil and Vegetable Moussaka served with Homemade Bread and Mixed Salad	Breaded Vegetable Burger served with Potato Wedges and Baked Beans	Vegetable and Chick Pea Samosa and Mango Chutney served with a Mixed Salad (V)
<b>Dessert</b>	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Farmhouse Fruitcake with Whipped Cream	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Summer Berry Jelly and Cream	Freshly Cut Fruit or Organic Yoghurt or Frozen Yoghurt (VA)

Week Commencing - 9th May, 6th June, 27th June, 18th July, 12th September and 3rd 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



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