

Shacklewell Primary School Autumn Menu 2021 - Week 1

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Tomato and Mozzarella Pizza with New Potatoes and Sweetcorn (VA)	Homemade Barbecue Chicken Thighs with Basmati Rice and Coleslaw	Beef Lasagne with Homemade Garlic Bread and Broccoli	Chicken Sausage with New Potatoes, Breaded Onion Rings and Peas	Battered Cod Fillet with Oven Chips, Baked Beans and Tartare Sauce
Vegetable Martinique Curry with Rice and Chilli Sweetcorn (V)	Wholemeal Spaghetti Puttanesca with Butter Bean Salad (V)	Leek and Mushroom Macaroni Cheese with Homemade Garlic Bread and Broccoli (VA)	Vegetable Sausage with New Potatoes, Breaded Onion Rings and Peas	Aubergine and Lentil Katsur Curry with Fragrant Rice and Stir Fry Vegetables (V)
Freshly Cut Fruit (V) or Fruit Yoghurt	Freshly Cut Fruit (V) or Fruit Yoghurt or Farmhouse Fruit Cake with Whipped Cream	Freshly Cut Fruit (V) or Fruit Yoghurt	Freshly Cut Fruit (V) or Fruit Yoghurt or Exotic Fruit Tart (VA)	Freshly Cut Fruit (V) or Fruit Yoghurt or Frozen Yoghurt Selection (VA)

Week commencing - 20/9 and 11/10

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

Available Daily..
Jacket Potato with Cheese (VA) or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

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

Shacklewell Primary School Autumn Menu 2021 - Week 2

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Penne Pasta Roasted Pepper, Lentil and Tomato Ragu (V)	Beef Chilli and Homemade Nachos with Basmati Rice and Sweetcorn	Beef Cobbler and Herb Scone with Roasted Summer Vegetables	Breaded Chicken with Rice and Peas served with a Sweetcorn Salsa	Omega 3 Fish Fingers with Oven Chips and Peas
Option 2	Crispy Tofu with Stir Fried Seasonal Vegetables and Rice/Soba Noodles (V)	Mature Cheddar Tart with Mixed Salad and Homemade Bread	Leek, Potato and Cheddar Wholemeal Pasty with Seasonal Vegetables (VA)	Mixed Bean Patties with Rice and Peas served with a Sweetcorn Salsa (V)	Tempura Vegetables with Noodles, Haricot Beans and Soy Sauce
Dessert	Freshly Cut Fruit (V) or Fruit Yoghurt	Exotic Fruit Salad (VA) or Organic Fruit Yoghurt	Freshly Cut Fruit (V) or Fruit Yoghurt	Freshly Cut Fruit (V) or Organic Fruit Yoghurt or Chocolate Tiramisu	Freshly Cut Fruit (V) or Fruit Yoghurt or Frozen Yoghurt Selection (VA)

Week commencing - 6/9, 27/9 and 18/10

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

Available Daily..
Jacket Potato with Cheese (VA) or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

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

Shacklewell Primary School Autumn Menu 2021 - Week 3

(V) = Vegan

(VA) = Vegan Alternative Available

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Linguine Pasta in a Creamy Mushroom and Tarragon Sauce with Broccoli	Peri Peri Chicken Drumstick with Patatas Bravas	Chicken Kebab with Orzo Rice, Rainbow Salad and Garlic Sauce	Ashlyns Beef Burger in a Bun with Potato Wedges and Green Beans	Battered Cod Fillet with Oven Chips, Peas and Tartare Sauce
Option 2	Arancini Vegetable and Mozzarella Balls with a Butter Bean and Lemon Salad (VA)	Peri Peri Vegetables and Butter Bean Wholemeal Wrap with Patatas Bravas (V)	Puy Lentil and Vegetable Biryani with a Mixed Salad (V)	Breaded Vegetable Burger in a Bun with Potato Wedges and Green Beans	Homemade Flatbread topped with Roasted Vegetables, Tomato and Cheddar with a Mixed Salad (VA)
Dessert	Freshly Cut Fruit (V) or Fruit Yoghurt	Freshly Cut Fruit (V) or Fruit Yoghurt or Chocolate Chip Shortbread Biscuit (V)	Freshly Cut Fruit (V) or Fruit Yoghurt	Freshly Cut Fruit (V) or Fruit Yoghurt or Fruit Flapjack (V)	Freshly Cut Fruit (V) or Fruit Yoghurt or Frozen Yoghurt Selection (VA)

Week commencing - 13/9, 4/10

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



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

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

Available Daily..
Jacket Potato with Cheese (VA) or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
Water

