

Shacklewell Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Red Pepper & Mozzarella Baked Pasta served with Buttered Peas & Sweetcorn and a Garlic & Rosemary Focaccia (V)	Pizza Extravaganza A Variety of Pizza toppings including Margarita (V) Planet Balls (Ve) Pepperoni Vegan Bacon & Pineapple (Ve) served with Salad and Rainbow Coleslaw	Caribbean Vegetable & Chick Pea Curry served with Fragrant Rice and Garlic Green Beans (Ve)	Slow Cooked Chipotle Beef Tacos served with Cajun Wedges and Lemon & Paprika Roasted Sweetcorn	Planet Friendly Burger served with Chips and Baked Beans (Ve)
Vegan Alternative Available		Caribbean Coconut Chicken Curry served with Fragrant Rice and Garlic Green Beans	Jackfruit Tacos served with Cajun Wedges and Lemon & Paprika Roasted Sweetcorn (Ve)	Ashlyns Burger in a Bun served with Chips and Baked Beans
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Banoffee Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Lemon & Blueberry Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Rice Pudding with Mango Puree (V)

W/C - 1st September, 22nd September, 13th October, 10th November and 1st December

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
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 Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

Dessert

Climate Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Red Pesto Pasta garnished with Basil Oil and Pangritata served with Garlic Green Beans (Ve)	Red Thai Chicken Curry served with Jasmine Rice & Sweetcorn	Roasted Quorn Fillet served with Roast Potatoes, Peas, Carrots and Gravy (Ve)	Chinese Sticky Chicken, Green Beans and Noodles served with Spring Roll, Carrots & Sweetcorn	Omega 3 Fish Fingers served with Chips and Minted Peas & Lemon
	Thai Vegetable and Edamame Bean Curry served with Jasmine Rice & Sweetcorn (Ve)	Roast Topside of Beef served with a Yorkshire Pudding, Roast Potatoes, Peas, Carrots and Gravy	Chinese Vegan Style Chicken Strips with Green Beans and Noodles served with Spring Roll, Carrots & Sweetcorn (Ve)	Moving Mountains Plant Based Fish Fingers served with Chips and Minted Peas & Lemon (Ve)
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Oaty Flapjack (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Chocolate Sponge & Chocolate Sauce (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Iced Sponge (V)

W/C - 8th September, 29th September, 20th October, 17th November and 8th December

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
Wholemeal bread
Choice of salads
Water



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Shacklewell Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Spanish Meatball Stew served with Patatas Bravas Cauliflower and Sweetcorn (Ve)	Chicken Biryani served with Naan Bread, Mint & Cucumber Yoghurt and Garlic Green Beans	Planet Friendly Bolognaise and Spaghetti served with Garlic Focaccia Bread and Roasted Broccoli (Ve)	Jerk Chicken with Rice & Peas served with Fried Plantain and Buttered Carrots	Crunchy Golden Nuggets served with Chips and Minted Garden Peas (Ve)
	Vegetable Biryani served with Naan Bread, Mango Chutney and Garlic Green Beans (Ve)	Beef Bolognaise and Spaghetti served with Garlic Focaccia Bread and Roasted Broccoli	Jerk Quorn Fillet with Rice & Peas served with Fried Plantain and Buttered Carrots (Ve)	Chicken Nuggets served with Chips and Minted Garden Peas
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Golden Syrup Songe (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Biscoff Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or White Chocolate Biscuit (V)

W/C - 15th September, 6th October, 3rd November, 24th November and 15th December

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
Wholemeal bread
Choice of salads
Water



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