

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.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roasted Red Pepper, Chickpea & Sun-dried Tomato Pasta Bake served with Garden Peas and Homemade Focaccia Bread (Ve)	Sweet Potato & Lentil Korma served with Fragrant Wholemeal Rice, Naan Bread and Garlic Green Beans (Ve)	BBQ Chicken Drumsticks served with Savoury Vegetable Rice and Steamed Broccoli	Roast Topside of Beef served with a Yorkshire Pudding, Roast Potatoes, Peas, Carrots and Gravy	Moving Mountains Plant Based Nuggets served with Chips and Baked Beans (Ve)
Option 2		Chicken Tikka Balti served with Fragrant Wholemeal Rice, Naan Bread and Garlic Green Beans	BBQ Quorn Fillet served with Savoury Vegetable Rice and Steamed Broccoli (Ve)	Mushroom & Lentil Roast served with Roast Potatoes, Peas, Carrots and Gravy (Ve)	Chicken Nuggets served with Chips and Baked Beans
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Jam & Coconut Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Apple & Cinnamon Cake with Toffee Custard (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt or Shortbread Cookie (Ve)

W/C - 12th January, 2nd February, 2nd March and 23rd March

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
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 Menu - Week 2

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

Climate Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Italian Meatballs in a Sweet Tomato Sauce served with Wholemeal Pasta, Broccoli and Rosemary Focaccia Bread (Ve)	Sausage & Creamy Mash served Onion Gravy and Garden Peas	Cauliflower & Chickpea Chinese Curry served with White Rice, Green Beans and a Spring Roll (Ve)	Roast Lentil Wellington served with Stuffing, Roast Potatoes, Roasted Seasonal Vegetables and Gravy (Ve)	Omega 3 Fish Fingers served with Chips and Baked Beans
	Moving Mountains Plant Based Sausage & Creamy Mash served Onion Gravy and Garden Peas (Ve)	Chinese Chicken Curry served with White Rice, Green Beans and a Spring Roll	Roast Chicken Thigh served with Stuffing, Yorkshire Pudding, Roast Potatoes, Roasted Seasonal Vegetables and Gravy	Moving Mountains Plant Based Fish Fingers served with Chips and Baked Beans (Ve)
Option 2 Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Chocolate Marble Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Apple & Blackberry Crumble with Custard or Vegan Cream (V) or (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Lemon Drizzle Cake (V)
Dessert				

W/C - 19th January, 9th February, 9th March and 30th March

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
 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 Menu - Week 3

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

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Sweet Potato & Chickpea Curry served with Basmati Rice and Garlic Green Beans (Ve)	Chicken & Pepper Fajitas served with Seasoned Potato Wedges and Charred Sweetcorn	Lentil & Vegetable Bolognese and Wholemeal Pasta served with Garlic Focaccia Bread and Garden Peas (Ve)	Pepperoni or Margherita Pizza (V) served with Pesto Pasta and Mixed Salad	Moving Mountain Plant Based Hot Dogs served with Chips and Baked Beans (Ve)
	Falafel & Pepper Fajitas served with Seasoned Potato Wedges and Charred Sweetcorn (Ve)	Beef Bolognese and Pasta served with Garlic Focaccia Bread and Garden Peas	Meatball Pizza served with Pesto Pasta and Mixed Salad (Ve)	Hot Dogs served with Chips and Baked Beans Mustard, Onions and Jalapeno Chilli available
Option 2 Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Chocolate Sponge & Chocolate Custard (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Biscoff Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve) or Flapjack (Ve)
Dessert				

W/C - 26th January, 23rd February and 16th March

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
 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