

Shacklewell Primary School Autumn/Winter Menu 2020 - Week 1

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked Pasta Shells with Mozzarella in a Roasted Red Pepper and Tomato Sauce	Mexican Beef Chilli, Basmati Rice with Wholemeal Nachos & Broccoli	Spiced Barbecue Chicken with Mild Spiced Potatoes and Sweetcorn Salsa	Savoury Winter Beef Stew with Mashed Potato, Yorkshire Pudding and Savoy Cabbage	Battered Fish Fillet with Chips, Peas and Tartare Sauce
Option 2	Roasted Vegetable and Lentil Strudel with Basil Paste	Butternut Squash and Spinach Dumplings in a Red Lentil Light Curry Sauce	Mixed Bean Jamaican Patties with Mild Spiced Potatoes and Sweetcorn Salsa	Butternut Squash and Cannellini Casserole with Herb Dumplings	Tempura Vegetables with Egg Noodles and Soy Sauce
Dessert	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or Banana & Stem Ginger Cake with Custard	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or Chocolate Chip Shortbread	Freshly Cut Fruit or Fruit Yoghurt or Frozen Yoghurt Selection

Week commencing - 2/11, 23/11, 14/12, 18/1, 8/2, 8/3 and 29/3

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

Available Daily..
Jacket Potato with Cheese 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/Winter Menu 2020 - Week 2

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Penne Pasta with a Creamy Broccoli Sauce and Parmesan	Chicken Sausages with Roasted New Potatoes and Baked Onion Rings	Breaded Chicken Fillet with Basmati Rice, Caramelised Carrots and Peas	Winter Beef Pie with Roasted Medley Vegetables, Savoy Cabbage and Gravy	Omega 3 Fish Fingers with Chips, sweetcorn and Lemon Wedge
Thai Vegetable and Lentil Curry with Basmati Rice and a Broccoli and Courgettes Medley	Vegetable Sausages with Roasted New Potatoes and Baked Onion Rings	Cheese & Potato Whirl with Caramelised Carrots and Peas	Leek, Potato and Cheddar Wholemeal Pasty with Savoy Cabbage and Baked Beans	Vegetable Spring Rolls, Ginger and Garlic Noodles with Haricot Beans
Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Cherry Brownie	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Strawberry Cheesecake	Freshly Cut Fruit or Fruit Yoghurt or Frozen Yoghurt Selection

Week commencing - 9/11, 30/11, 4/1, 25/1, 24/2 and 15/3

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

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Shacklewell Primary School Autumn/Winter Menu 2020 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato, Mozzarella and Basil Pizza with New Potatoes and Sweetcorn	Balti Chicken Curry with Indian Spiced Rice and Roasted Cauliflower	Roasted Chicken Thighs, Roasted Potatoes and a Carrot & Pea Medley	Beef Bolognese with Linguine Pasta and Broccoli	Battered Fish Fillet with Oven Chips, Peas and Tartare Sauce
Option 2	Mushroom Arancini Balls with Mixed Salad	Vegetable Martinique and Chick Pea Curry with Indian Spiced Rice and Roasted Cauliflower	Mixed Bean and Vegetable Wholemeal Burrito	Aubergine, Tomato and Puy Lentil Moussaka with Broccoli	Spinach and Chick Pea Pancake with Mixed Salad
Dessert	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or Chocolate, Oat & Fruit Flapjack	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or Apple Pie with Salted Caramel Sauce	Freshly Cut Fruit or Fruit Yoghurt or Frozen Yoghurt Selection

Week commencing - 16/11, 7/12, 11/1, 1/2, 1/3 and 22/3

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



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