

The Wickford C of E School Spring/Summer 2018 - Week 1

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mexican Chicken in a Taco served with Mexican Style Rice & Salad	Cheese & Tomato Pizza served with Coleslaw & Mixed Leaf Salad	Roast Turkey & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Homemade Sausage Roll served with New Potatoes and Baked Beans	Omega 3 Fish Fingers served with Oven Chips and Garden Peas
Option 2	Sweet Potato, Pepper & Lentil Risotto	Tuna Pasta Bake served with Sweetcorn & Mixed Leaf Salad	Spinach & Ricotta Frittata served with Roast Potatoes and Seasonal Vegetables	Jacket Potatoes served with a variety of fillings	Cheesy Wholemeal Wrap Stack served with Oven Chips and Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Chocolate Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 16th April, 8th May, 4th June, 25th June, 16th July, 3rd September, 24th September & 15th October

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. Or visit <http://j.mp/2IWYBLh>

ASHLYNS
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The Wickford C of E School Spring/Summer 2018 – Week 2

Option 1

Cheese & Bacon Pasta Bake served with a Homemade Garlic Slice and Garden Peas

Traditional Cottage Pie served with Broccoli & Carrots

Roast Chicken Fillet served with Roast Potatoes, Cabbage, Cauliflower and Gravy

Ashlyns Pork Sausage served with New Potatoes, Seasonal Vegetables and Gravy

MSC Battered Cod Fillet served with Oven Chips and Baked Beans

Option 2

Vegetable & Lentil Lasagne served with a Homemade Garlic Slice and Garden Peas

Vegetarian Sausage served with Creamy Mashed Potatoes, Broccoli & Carrots

Tomato & Mozzarella Wholemeal Tart served with Roast Potatoes, Cabbage, Cauliflower and Gravy

Vegetable & Lentil Cottage Pie served with Seasonal Vegetables

Cheesy Omelette served with Oven Chips and Baked Beans

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Chip Cookie

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Muffin

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Slice

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Strawberry Jelly

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Jam & Coconut Sponge

Week commencing - 23rd April, 14th May, 11th June, 2nd July, 10th September & 1st October

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

Available Daily ...
Wholemeal bread
Choice of salads
Water



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Or visit <http://j.mp/2IY1xCe>

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The Wickford C of E School Spring/Summer 2018 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Smokey Chicken & Chorizo in a Tomato & Pepper Sauce served with Savoury Rice & Carrots	Sausage Toad in the Hole served with Creamy Mashed Potato, Cabbage, Sweetcorn and Gravy	Roast Leg of Pork served with Roast Potatoes, Cauliflower, Carrots and Gravy	Beef Bolognese served with Pasta Spirals, Green Beans & Courgettes	MSC Battered Cod Fillet served with Oven Chips and Garden Peas, Sweetcorn or Baked Beans
Option 2	Chickpea & Butternut Squash Casserole served with Savoury Rice & Carrots	Vegetable & Lentil Bolognese served with Pasta Spirals, Green Beans & Courgettes	Covent Garden Pie served with Roast Potatoes, Cauliflower, Carrots and Gravy	Vegetarian Sausage Toad in the Hole served with Creamy Mashed Potato, Cabbage, Sweetcorn and Gravy	Mini Cheese & Tomato Wholemeal Quiche served with Oven Chips and Garden Peas, Sweetcorn or Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Rock Cakes	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Curd Sponge & Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 30th April, 21st May, 18th June, 9th July, 17th September & 8th October

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

Available Daily ...
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.
Or visit <http://j.mp/2IWKRReK>

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