

The Wickford C of E School Autumn/Winter 2018/19 - Week 1

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Bar with a selection of toppings, (Creamy Cheese & Ham, Bolognaise or Tomato & Vegetable) served with mixed salad & herb bread	Southern Style Breaded Chicken with Braised Vegetable Rice (skinless b/less thigh)	Roast Chicken Thigh & Stuffing served with Roast Potatoes, Cauliflower Florets, Carrots & Gravy	Baked Ashlyns Sausage Crushed New Potatoes & Baked Beans	Battered Fillet of Cod served with Oven Chips & Garden Peas
Option 2	Pasta Bar with a selection of toppings, (Creamy Cheese & Ham, Bolognaise or Tomato & Vegetable) served with mixed salad & herb bread	Baked Quorn Sausage Crushed New Potatoes & Baked Beans	Lentil & Vegetable Loaf & Yorkshire Pudding served with Roast Potatoes, Cauliflower Florets, Carrots & Gravy	Southern Style Breaded Quorn Strips with Braised Vegetable Rice	Courgette & Tomato Wholemeal Quiche with Oven Chips & Garden Peas
Dessert	Freshly cut fruit or Organic fruit yoghurt or Oat Cookie	Freshly cut fruit or Organic fruit yoghurt or Lemon Shortbread	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Frozen Yoghurt	Freshly cut fruit or Organic fruit yoghurt or Jam Sponge with Custard

Week commencing - 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th Feb, 18th Mar

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/2E6GVto>

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The Wickford C of E School Autumn/Winter 2018/19 - Week 2

Option 1

Option 2

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza served with Coleslaw & mixed bean salad	Ashlyns Burger served with a Cheesy Potato Boat & Baked Beans	Roast Pork served with Apple Sauce, Roast Potatoes, Shredded Cabbage, Carrots & Gravy	Mild Chicken Curry with Turmeric Rice & Broccoli Florets	Battered Fillet of Cod served with Oven Chips & Garden Peas
Creamy Macaroni Cheese served with Homemade Garlic Bread & a Mixed a Salad	Meat Free Burger served with a Cheesy Potato Boat & Baked Beans	Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Shredded Cabbage, Carrots & Gravy	Sweet Potato, Spinach Lentil & Dhal with Turmeric Rice & Broccoli Florets	Jacket Potato with a Variety of Fillings
Freshly cut fruit or Organic fruit yoghurt or Iced Dutch Apple Sponge	Freshly cut fruit or Organic fruit yoghurt or Frozen Yoghurt	Freshly cut fruit or Organic fruit yoghurt or Fruit Muffins	Freshly cut fruit or Organic fruit yoghurt or Peach Crumble & Custard	Freshly cut fruit or Organic fruit yoghurt or Oat & Ginger Cookies

Week commencing - 5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar

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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The Wickford C of E School Autumn/Winter 2018/19 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork Sausage 'Toad in the Hole' with New Potatoes & Carrots	Cajun Chicken Thigh served with Braised Vegetable Rice	Slow Roasted Gammon served with Gravy, Roast Potatoes, Shredded Cabbage & Carrots	Beef & Cheese Tortilla Slice served with Pasta Salad	MSC Breaded Omega 3 Fish Fingers served with Oven Chips and Peas
Option 2	Quorn Sausage 'Toad in the Hole' with New Potatoes & Carrots	Quorn, Vegetables & Mixed Peppers in Yellow Bean Sauce served with Egg Rice & Sweetcorn	Cheese, Egg, Onion & Potato Pasty served with Roast Potatoes, Carrots & Shredded Cabbage	Sweet Potato & Lentil Risotto served with a Mixed Salad	Courgette & Feta Cheese Frittata served with Oven Chips & Peas
Dessert	Freshly cut fruit or Organic fruit yoghurt or Flapjack	Freshly cut fruit or Organic fruit yoghurt or Iced Chocolate Sponge	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Chocolate Cookies	Freshly cut fruit or Organic fruit yoghurt or Fruit Jelly

Week commencing - 12th Nov, 3rd Dec, 31st Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

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/2E5yAWJ>

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