

Wickford C of E Primary School Autumn/Winter 2017 - Week 1

Option 1

Chicken Jalfrezi served with Basmati Rice & Cauliflower Florets

Creamy Cheese & Vegetable Pasta Bake served with Mixed Salad

Roast Loin of Pork & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy

Cajun Chicken Thighs served with Long Grain Rice and Peas

MSC Battered Fillet of Cod served with Oven Chips and Garden Peas

Option 2

Cheese & Tomato Wholemeal Quiche served with New Potatoes and Seasonal Vegetables

Lime & Chilli Infused Baked Salmon served with Pasta Spirals and Mixed Salad

Jacket Potato With A Variety Of Fillings

BBQ Quorn Fillet served with Long Grain Rice and Peas

Roasted Vegetable & Lentil Strudel served with Oven Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Apple Crumble & Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Brownie

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Peaches & Cream

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Sultana Sponge and Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream Pot

Week commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February and 19th March

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/2gv4QHL>

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

Wickford C of E Primary School Autumn/Winter 2017 - Week 2

Option 1

Traditional Beef Bolognese served with Wholemeal Pasta Spirals & Courgettes

Pepperoni Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Honey Roast Gammon served with Roast Potatoes, Seasonal Vegetables and Gravy

Ashlyns Beef Burger in a Bun served with New Potatoes and Baked Beans

MSC Cod Fish Fingers served with Oven Chips and Baked Beans

Option 2

Cheese & Potato Whirl served with Roasted Seasonal Vegetables and Gravy

Meat Free Burger in a Bun served with New Potatoes and Baked Beans

Jacket Potato With A Variety Of Fillings

Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Spanish Omelette served with Oven Chips and Baked Beans

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Apricot Sponge & Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Banana Sponge & Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Flapjack

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March and 26th March

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Available Daily ...
Wholemeal bread
Choice of salads
Water



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Wickford C of E Primary School Autumn/Winter 2017 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Ashlyns Pork Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Creamy Macaroni Cheese served with 'Home Made' Garlic Bread and Peas	Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy	Beef Meatballs in a Rich Italian Tomato Sauce served with Braised Rice and Green Beans	MSC Battered Cod Fillet served with Oven Chips and Baked Beans
Option 2	Tuna & Tomato Pasta Bake served with 'Home Made' Garlic Bread and Peas	Meat Free Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Jacket Potato With A Variety Of Fillings	Chick Pea & Aubergine Tagine served with Braised Rice	Cheesy Wholemeal Wrap Stack served with Oven Chips and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt or Dutch Apple Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Rice Pudding	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce

Week commencing - 13th November, 4th December, 1st January, 22nd January, 19th February and 12th March

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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