

Woodberry Down Primary School Spring/Summer 2018 – Week 1

Option 1

Chicken Fajitas served with a selection from the Deli Bar including Rice & Pasta Salads

Cheese & Tomato Pizza served with Paprika Potato Wedges & Coleslaw

Lemon & Thyme Roasted Chicken Thigh served with Rice, Caramelised Carrots, Garden Peas & Gravy

Savoury Beef in a Yorkshire Pudding served with New Potatoes, Roasted Summer Vegetables & Savoy Cabbage

MSC Battered Cod Fillet served with a Lemon Wedge, Oven Chips and Garden Peas

Option 2

Vegetable Jambalaya Rice served with Butternut Squash and Black Beans

Vegetable & Bean Wholemeal Burrito served with Coleslaw

Stuffed Aubergine Bake with Brown Rice, Chick Pea Puree and Pitta Bread

Savoury Quorn Mince in a Yorkshire Pudding served with New Potatoes, Roasted Summer Vegetables & Savoy Cabbage

Roasted Pepper, Feta Cheese, Tomato & Basil Filo served with Cous Cous salad

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Apple, Peach & Salted Caramel Tarte Tatin with Whipped Cream

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Granola Topped Greek Yoghurt with Seasonal Berries

Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pots

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.

Available Daily ...
Jacket Potato with filling
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/2l1n5gb>

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

Woodberry Down Primary School Spring/Summer 2018 - Week 2

Option 1

Beef Bolognese served with Spaghetti Pasta and Fresh Leaf Salad

Chicken Sausage in a Roll served with Caramelised Onions, Parsley New Potatoes and Baked Beans

Roast Turkey and Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy

Balti Chicken Curry served with Indian Spiced Rice, Roasted Cauliflower & Carrots

Omega 3 Fish Fingers served with Oven Chips, Garden Peas or Baked Beans

Option 2

Vegetable & Lentil Bolognese served with Spaghetti Pasta and Fresh Leaf Salad

Quorn Sausage Roll served with Caramelised Onions, Parsley New Potatoes and Baked Beans

Potato & Cauliflower Cheese with a Herb Crumb served with Seasonal Vegetables

Vegetable & Lentil Lasagne served with Fresh Leaf Salad

Vegetable & Bean Wholemeal Enchiladas with a Mixed Leaf Salad

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Farmhouse Fruitcake with Custard

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Apple & Plum Crumble with Whipped Cream

Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pots

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 ...
Jacket Potato with filling
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/2pHrUDK>

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

Woodberry Down Primary School Spring/Summer 2018 - Week 3

Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Jollof Rice, served with Broccoli	Italian Beef Meatballs in a Basil & Tomato Sauce served with Spaghetti	Roast Chicken Fillet & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Floured Bap served with Oven Chips and Coleslaw	Leek & Mushroom Macaroni Cheese served with Homemade Garlic Bread & Salad
Option 2	Roasted Vegetables & Tomato served with Jollof Rice and Broccoli	Puy Lentils in a Basil & Tomato Sauce served with Spaghetti	Cheese Topped, Stuffed Pepper filled with Mushroom, Spinach & Brown Rice served with Mixed Salad	Breaded Vegetable Burger in a Floured Bap served with Oven Chips and Coleslaw	Homemade Salmon & Cod Fishcakes with Tartare Sauce & Garden Peas or Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cheesecake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Shortbread Biscuits	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pots

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 ...
Jacket Potato with filling
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/2pKAj9o>

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

