

Grazebrook Primary School – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Balti Chicken with Indian spiced Rice, Roasted Cauliflower & Peas	Chicken or Margarita Pizza served with Cous & Mixed Salad	Roast Chicken and stuffing served with Roast Potatoes, Broccoli, Carrots and Gravy	Beef Moussaka served with Sweetcorn and Herb Flat Bread	Battered Cod Fillet served with Oven Chips and Baked Beans or Peas
Option 2	Vegetable Martinique Curry served with Brown Rice and Peas	Mushroom, Spinach, Canellini Bean and Brown Rice Stuffed Pepper with a Mixed Bean Salad	Artichoke & Parmesan Tart served with Roasted Vegetables and Broccoli	Leek & Mushroom Macaroni Pasta served with Herb Flat Bread	Vegetable Samosa served with Mango Chutney & Coconut Rice (contains chick peas)
Option 3	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads
Dessert	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Banana Flapjack	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Lemon Sponge with Custard	Freshly cut fruit or Organic fruit yoghurt or Ice cream

Week commencing - 31st October, 21st November, 12th December, 9th January, 30th January, 27th February, 20th March

Available Daily ...
Wholemeal bread
Choice of salads
Water

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

Grazebrook Primary School – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spiced Barbecue Chicken served with Basmati Rice and Corn on the Cob	Beef Bolognese served with Spaghetti Pasta and Broccoli Florets	Lemon & Thyme Roasted Chicken served with Parsley New Potatoes & steamed Vegetable Medley	Ashlyns Beef Burger in a Bun served with Seasoned Wedges, Mixed Salad and Baked Beans	Poached Omega 3 Fish Fillets served with a Fresh Garden Herb Crust, Oven Chips, Sweetcorn and Peas
Option 2	Vegetable Stir Fry with Noodles and Haricot Beans	Cauliflower & Potato Cheese served with Broccoli Florets	Turkish style stuffed Aubergine & Cheese Bake served with Brown Rice & Slaw Salad	Meat Free Burger in a Bun served with Seasoned Wedges, Mixed Salad and Baked Beans	Vegetable and bean Burrito served with Oven Chips, Sweetcorn and Peas
Option 3	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads
Dessert	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Farmhouse Fruit Cake with Custard	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Oak Flake Tart	Freshly cut fruit or Organic fruit yoghurt or Peaches & Cream

Week commencing - 7th November, 28th November, 19th December, 16th January, 6th February, 6th March, 27th March

Available Daily ...
 Wholemeal bread
 Choice of salads
 Water

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Grazebrook Primary School – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mexican Spiced Chicken served with Jambalaya Rice, Green Beans & Carrots	Baked Chicken Sausage served with 'Bubble & Squeak', Peas & Onion Gravy	Roast Beef in a Yorkshire Pudding served with Roast Potatoes, Cauliflower and Savoy Cabbage with gravy	Beef Lasagne served with Steamed Vegetables	Battered Fillet of Cod served with Oven Chips and Minted Pea Puree or Baked Beans
Option 2	Chick Pea & Aubergine served with Jambalaya Rice, Green Beans & Carrots	Baked Quorn Sausage served with 'Bubble & Squeak', Peas & Onion Gravy	Sweet Potato & Lentil Dahl served with Naan Bread and Brown Rice	Vegetable & Lentil Lasagne served with Steamed Vegetables	Vegetable & Bean Spring Roll served with a Sweet Chilli Sauce and Oven Chips
Option 3	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads	Jacket potato with a choice of Cheddar or Tuna Mayo and a selection of salads
Dessert	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Apple & Winter Berry Crumble & Custard	Freshly cut fruit or Organic fruit yoghurt	Freshly cut fruit or Organic fruit yoghurt or Ginger Biscuits	Freshly cut fruit or Organic fruit yoghurt or Ice Cream

Week commencing - 14th November, 5th December, 2nd January, 23rd January, 20th February, 13th March

Available Daily ...
Wholemeal bread
Choice of salads
Water

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