

Grazebrook Primary School Autumn/Spring 2017 - Week 1

Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Bolognese served with Spaghetti Pasta and Seasonal Vegetables	Mild Curry Spiced Chicken served with Indian Fragrant Basmati Rice, Roasted Cauliflower and Carrots	Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Traditional Chicken Sausage and Caramelized Onion served with Mash, Savoy Cabbage and Gravy	MSC Breaded Fish Fingers served with Chips, Lemon Wedge and Garden Peas
Option 2	Mediterranean Vegetable & Lentil Bolognese served with Spaghetti Pasta and Seasonal Vegetables	Sweet Potato, Chick Pea & Aubergine Martinique Curry served with Indian Fragrant Basmati Rice, Roasted Cauliflower and Carrots	Mature Cheddar & Leek Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Quorn Sausage and Caramelized Onion served with Mash, Savoy Cabbage and Gravy	Vegetable Frittata with Spinach and Ricotta served with Mixed Salad
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Cheesecake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

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 ...
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/2hZng40>

ASHLYNS
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Grazebrook Primary School Autumn/Spring 2017 – Week 2

Option 1

Beef Chilli Con Carne served with Fragrant Basmati Rice, 'Home Made' Nachos and Sweetcorn

Tagliatelle & Courgette Pasta served with a Creamy Mushroom Sauce and Broccoli

Roast Chicken Thigh and Sage & Onion stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy

Ashlyns Beef Burger in a Floured Bap served with Crushed New Potatoes and Coleslaw

MSC Battered Fish Fillets served with Chips, Peas and Tartar Sauce

Option 2

Rainbow Chilli Con Carne served with Fragrant Basmati Rice, 'Home Made' Nachos and Sweetcorn

Butter Bean, Tomato and Olive Tagine served with Wholemeal Brown Rice

Cheese & Potato Whirl served with Seasonal Vegetables and Stuffing

Meat Free Burger in a Floured Bap served with Crushed New Potatoes and Coleslaw

Vegetable & Chick Pea Samosa served with Mango Chutney

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Cherry Brownie

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake & Custard

Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

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

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/2i04v02>

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Grazebrook Primary School Autumn/Spring 2017 - Week 3

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spiced BBQ Chicken Drumsticks served with Basmati Rice and Corn on the Cob	Cheese, Tomato and Basil Pizza served with Potato Wedges and Coleslaw	Roast Chicken Thigh served with Parsley New Potatoes, Seasonal Vegetables and Gravy	'Master Chef' Winner Beef Stir Fry served with Vermichelli Noodles	MSC Breaded Fish Fingers served with Chips and a choice of Baked Beans or Peas
Option 2	Vegetable & Haricot Bean Stir Fry served with Egg Noodles	Mediterranean Vegetable & Omega 3 Pizza served with Potato Wedges and Coleslaw	Leek & Mushroom Macaroni Cheese served with Seasonal Vegetables	Vegetable & Puy Lentil Wholemeal Biryani	Vegetable and Haricot Bean Spring Roll served with Sweet Chilli Sauce
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Drizzle Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

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 ...
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/2i0hg18>

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