

Grazebrook Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

Planet Friendly Monday (Chef's Special)	Tuesday	Wednesday	Thursday	Friday
Option 1 Vegan Meatballs in a Sweet Tomato Sauce and Penne Pasta served with Broccoli (Ve)	Home Made Vegan Sausage Roll served with Herby Diced Potatoes and Baked Beans (Ve)	Zingy Peri Peri Chicken Thigh served with Savoury Vegetable Rice and Mixed Salad	Quorn Bolognaise with Wholemeal Penne Pasta served with Steamed Broccoli & Carrots (Ve)	Fish & Chips served with Sweetcorn & Garden Peas
Option 2 Kale Pesto Penne served with Broccoli (V)	Cajun Chicken Pasta Bake served with a Broccoli, Carrot and Green Bean Medley	BBQ Boston Beans served with Savoury Vegetable Rice and Mixed Salad (Ve)	Italian Style Beef Bolognaise with Wholemeal Penne Pasta served with Steamed Broccoli & Carrots	Vegan Nuggets served with Chips, Sweetcorn & Garden Peas (V)
Dessert Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Ginger Cake (V)	Organic Fruit Yoghurt or Banana Loaf (V)	Organic Fruit Yoghurt or Fruit Rock Cakes (V)	Freshly Cut Fruit or Frozen Yoghurt (VA)

W/C - 15th April, 6th May, 3rd June, 24th June, 15th July, 2nd September, 23rd September and 14th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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.

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 Menu - Week 2

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sweet Potato and Lentil Korma served with Rice and Toasted Pitta Slices (Ve)	Pizza Extravaganza A Variety of Pizza toppings including Cheese & Tomato (V) Meat Feast Paprika Chicken Cheese & Pepper (V) Served with a Mixed Salad	BBQ Chicken Thigh served with a Potato & Spring Onion Salad and Garlic Roasted Green Beans	Mexican Bean Burrito served with Mexican Rice and Sweetcorn Salsa (V)	Chicken Nuggets served with Chips and Baked Beans
Option 2	Martinique Vegetable and Chick Pea Curry served with Rice and Toasted Pitta Slices (Ve)		Cheese and Tomato Wholemeal Quiche served with New Potatoes and Garlic Roasted Green Beans (V)	Chilli Beef Burritos served with a Mexican Rice and Sweetcorn Salsa	Spanakopita served with Chips and Baked Beans (V)
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Oat Cookies (Ve)	Organic Fruit Yoghurt or Victoria Sponge (V)	Organic Fruit Yoghurt or Lemon Drizzle Cake (V)	Organic Fruit Yoghurt or Soft Scoop Ice Cream (V)

W/C - 22nd April, 13th May, 10th June, 1st July, 22nd July, 9th September, 30th September and 21st October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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Grazebrook Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

	Planet Friendly Monday	Tuesday	Wednesday	Thursday (Chef's Special)	Friday
Option 1	Macaroni Cheese served with a Mixed Salad (V)	Jerk Chicken Thigh served with Rice & Peas and a Caribbean Slaw	Pizza Whirl Served with New Potatoes and Green Beans	Sizzling Mexican Quorn Fajitas with a Jalapeños, Sour Cream, Tomato Salsa and Harissa Potato Cubes (V)	Hot Dog served with Caramelised Onions, Chips & Spaghetti Hoops (Mustard available)
Option 2	Red Pepper Frittata served with a Mixed Salad (V)	Mixed Bean Jamaican Pattie served with Rice & Peas and a Caribbean Slaw (Ve)	Tuna & Salmon Pasta Bake served with Green Beans	Sizzling Mexican Chicken Fajitas with a Jalapeños, Sour Cream, Tomato Salsa and Harissa Potato Cubes	Vegetarian Hot Dog served with Caramelised Onions, Chips & Spaghetti Hoops (Mustard available) (V)
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Chocolate Brownie (V)	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Shortbread Biscuit (Ve)	Organic Fruit Yoghurt or Mixed Fruit Cookie (V)

W/C - 29th April, 20th May, 19th June, 8th July, 16th September and 7th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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