

St Lukes Catholic Academy – Winter Menu 2023 – Week 1

Option 1

Cheese & Tomato Pizza served with Wholemeal Pasta Salad & Cucumber Sticks

Mild Beef Burrito served with Mexican Rice & Sweetcorn

Pork Sausage Toad in the Hole served with Roast Potatoes, Seasonal Fresh Vegetables & Gravy

Beef Bolognaise served with Spaghetti & Garden Peas

MSC Fish Fingers served with Oven Chips & Baked Beans

Option 2

Cheese, Red Onion & Cherry Tomato Tart served with Wholemeal Pasta Salad & Cucumber Sticks

Mild Bean Burrito served with Mexican Rice & Sweetcorn

Quorn Sausage Toad in the Hole served with Roast Potatoes, Seasonal Fresh Vegetables & Gravy

Vegetable & Lentil Bolognaise Served with Spaghetti & Garden Peas

Homemade Salmon Fish Cakes served with Oven Chips & Baked Beans

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Oat Cookie

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Ice Cream

Week Commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February, 18th 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.

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

St Lukes Catholic Academy – Winter Menu 2023 – Week 2

Option 1

Macaroni Cheese served with Homemade Garlic Bread & Mixed Salad

Mild Beef Chilli served with Basmati Rice & Homemade Nachos

Roast Chicken with Sage & Onion Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy

Ashlyns Hamburger in a Bun served with New Potatoes & Baked Beans

MSC Battered Cod served with Oven Chips & Garden Peas

Option 2

Vegetable & Chickpea Pasta, served with Garlic Bread & Mixed Salad

Mild Rainbow Vegetable & Bean Chilli served with Basmati Rice & Homemade Nachos

Cheddar Cheese & Onion Wholemeal Quiche served with Roast Potatoes and Seasonal Vegetables

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

Sweet Potato, Red Pepper & Lentil Risotto served with Garden Peas

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Sponge

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate, Oat & Fruit Flapjack

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 4th March, 25th 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.

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

St Lukes Catholic Academy – Winter Menu 2023 – Week 3

Option 1

Chicken & Bacon Pasta Bake served with Mixed Salad

Ashlyns Pork Sausage in a Roll Served with Potato Wedges & Baked Beans

Savoury Minced Beef in a Yorkshire Pudding served with Mashed Potatoes, Seasonal Vegetables & Gravy

Chicken Tikka Masala served with Wholemeal Rice & Green Beans

MSC Fish Fingers served with Oven Chips & Garden Peas

Option 2

Cheese and Tomato Pasta Bake served with Mixed Salad

Quorn Sausage in a Roll served with Potato Wedges & Baked Beans

Savoury Minced Quorn in a Yorkshire Pudding served with Mashed Potatoes, Seasonal Vegetables & Gravy

Chickpea, Red Pepper & Vegetable Balti served with Wholemeal Rice, Broccoli & Cauliflower

Cheddar Cheese Omelette served with Oven Chips and Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Homemade Chocolate Chip Shortbread

Freshly Cut Fruit
or
Organic Fruit Yoghurt

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

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Krispie Cake

Week commencing - 13th November, 4th December, 1st January, 22nd January, 12th February, 11th 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

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

