

St Luke's Catholic Academy Autumn/Winter – Week 1

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza with a selection of toppings served with Wholemeal Pasta Salad	Mexican Style Beef Chilli with Boiled Long Grain Rice and Mixed Salad	Roast Chicken Thigh with Sage & Onion Stuffing served with a Yorkshire Pudding, Roast Potatoes, Seasonal Fresh Vegetables & Gravy	Ashlyns Pork Sausage in a Bread Roll served with Crushed New Potatoes and Baked Beans	Breaded Fish Fingers served with Oven Chips and Peas
Option 2	Cheese & Tomato Pizza with a selection of toppings served with Wholemeal Pasta Salad	Veggie Mince Chilli with Boiled Long Grain Rice and Mixed Salad	Roast Quorn Fillet served with a Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables and Gravy	Meat Free Sausage in a Bread Roll served with Crushed New Potatoes and Baked Beans	Vegetable & Cheese Wrap Stack served with Oven Chips and Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Frozen Yoghurt or Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Muffin	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 4th November, 25th November, 16th December, 20th January, 10th February, 9th March and 30th March

Omega 3 Jacket Potato Filling available every day

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/2J7Liof>

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St Luke's Catholic Academy Autumn/Winter - Week 2

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti Bolognese served with Homemade Garlic Bread and Sweetcorn	Ashlyns Pork Sausage served with Mashed Potatoes, Carrots and Baked Beans	Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes and Seasonal Fresh Vegetables	Chicken Tikka Masala served with Wholegrain Rice, Minted Cucumber Riata, Tomato Salad & Naan Bread	Battered Cod Fillet served with Oven Chips and Peas
Option 2	Veggie Mince Bolognese served with Homemade Garlic Bread and Sweetcorn	Meat Free Sausage served with Mashed Potatoes, Carrots and Baked Beans	Baked Lentil & Vegetable Loaf served with Roast Potatoes and Seasonal Fresh Vegetables	Quorn Tikka Masala served with Wholegrain Rice, Minted Cucumber Riata, Tomato Salad & Naan Bread	Spinach and Cheese Spanakopita served with Oven Chips and Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Vanilla Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 11th November, 2nd December, 6th January, 27th January, 24th February and 16th March

Omega 3 Jacket Potato Filling available every day

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/2olcD9e>

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St Luke's Catholic Academy Autumn/Winter - Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Bacon Pasta Bake served with Mixed Salad	Sticky Chicken served with Rice and Seasonal Vegetables	Savoury Minced Beef in a Yorkshire Pudding served with Creamed Potatoes and Sliced Carrots	Ashlyns Beefburger in a Floured Bun served with Potato Wedges and Baked Beans	Breaded Fish Fingers served with Oven Chips and Peas
Option 2	Macaroni Cheese served with Mixed Salad	Sweet Potato, Lentil & Spinach Dahl served with Rice and Seasonal Vegetables	Savoury Minced Quorn in a Yorkshire Pudding served with Creamed Potatoes and Sliced Carrots	Meat Free Burger in a Floured Bun served with Potato Wedges and Baked Beans	Cheese & Onion Whirl served with Oven Chips and Peas
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 Carrot Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 18th November, 9th December, 13th January, 3rd February, 2nd March and 23rd March

Omega 3 Jacket Potato Filling available every day

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/31i4EgD>

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