

# 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 Bolognese 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 Bolognese Served with Spaghetti & Garden Peas

Homemade Salmon Fish Cakes served with Oven Chips & Baked Beans

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Chocolate Chip 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, 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**

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# 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, 22nd January, 12th February, 11th March,

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



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# 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, 8th January, 29th January, 26th February, 18th March

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



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Or visit

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