

Dr Walkers Primary School – Winter Menu 2023 – Week 1

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
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 Potato Seasonal Fresh Vegetables & Gravy	Beef Bolognaise served with Spaghetti & Garden Peas	MSC Fish Fingers served with Oven Chips & Baked Beans
Option 2	Homemade Salmon Fish Cakes served with Wholemeal Pasta Salad & Cucumber Sticks	Mild Bean Burrito served with Mexican Rice & Sweetcorn	Quorn Sausage Toad in the Hole served with Roast Potato Seasonal Fresh Vegetables & Gravy	Vegetable & Lentil Bolognaise Served with Spaghetti & Garden Peas	Cheese, Red Onion & Cherry Tomato Tart 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
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

Dr Walkers Primary School – 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

Cous Cous & Chickpea Stuffed Peppers, served with 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 Muffins

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,

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



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Dr Walkers Primary School – Winter Menu 2023 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
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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