

Dr Walkers Primary School – Autumn/Winter 2024 – 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
Ashlyns Pork Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Sweetcorn	Sticky Chicken served with Chinese Vegetable Chow Mein	Savoury Minced Beef and Herby Dumplings served with Mashed Potato & Sliced Carrots	Chicken and Bacon Turnover served with Garlic Potato Wedges & Fresh Mixed Vegetables	MSC Battered Cod served with Oven Chips & Baked Beans or Spaghetti Hoops
Quorn Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Sweetcorn	Homemade Vegetable Spring Rolls served with Ginger & Garlic Noodles & Haricot Beans	Savoury Minced Quorn and Herby Dumplings served with Mashed Potato & Sliced Carrots	Cheese & Onion Turnover served with Garlic Potato Wedges & Fresh Mixed Vegetables	Leek & Cheese Gnocchi served with Mixed Salad
Freshly Cut Fruit or Organic Fruit Yoghurt or Garibaldi Biscuits	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Spiced Ginger Bread

Option 1

Option 2

Dessert

Week commencing - 4th November, 25th November, 16th December, 20th January, 10th February, 10th March, 31st March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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 – Autumn/Winter 2024 – Week 2

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

Option 1

Italian Style Spaghetti
Bolognese served with
Sweetcorn

Ashlyns Pork Sausage
served with Creamy
Mashed Potato, Pea &
Carrot Medley and Onion
Gravy

Creamy Garlic Chicken
served with Wholemeal
Rice, Broccoli & Cauliflower
Florets

Homemade Minced Beef
Pie served with Crushed
New Potatoes, Fresh
Vegetable Medley & Gravy

MSC Fish Fingers served
with Oven Chips &
Garden Peas

Option 2

Italian Style Roasted
Vegetable & Lentil
Spaghetti Bolognese
served with Sweetcorn

Quorn Sausage served with
Creamy Mashed Potato,
Pea & Carrot Medley and
Onion Gravy

Mushroom & Lentil
Stroganoff
served with Wholemeal
Rice, Broccoli & Cauliflower
Florets

Covent Garden Pie served
with Crushed New Potatoes
& Fresh Vegetable Medley

Cauliflower & Broccoli
Cheese Bake with Oven
Chips & Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Chip
Shortbread

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
Butterfly Cake

Week commencing - 11th November, 2nd December, 6th January, 27th January, 24th February, 17th March,

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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



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Dr Walkers Primary School – Autumn/Winter 2024 – Week 3

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Option 1

Pizza Bar (selection of toppings) served with Wholemeal Pasta Salad

Mild Chicken Curry served with Basmati Rice & Sweetcorn

Roast Chicken and Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy

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

MSC Fish Fingers served with Oven Chips & Garden Peas

Option 2

Tuna & Salmon Pasta Bake served with Mixed Salad & Garlic Bread

Martinique Vegetable & Chickpea Curry served with Basmati Rice & Sweetcorn

Roast Vegetable & Lentil Strudel served with Roast Potatoes, Seasonal Vegetables & Gravy

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

Cheddar Cheese & Vegetable Stack Wrap served with Oven Chips & Garden 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
Syrup Sponge Pudding with Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Krispy Cake

Week commencing - 18th November, 9th December, 13th January, 3rd February, 3rd March, 24th March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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

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