

# Queensbridge Primary School 2020 - Week 1

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Tuna Pasta Bake served with Homemade Garlic Bread and Peas	Beef & Cheese Tortilla Slice served with Wholemeal Rice and Coleslaw	Roast Chicken Drumstick and Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger in a Roll served with Carrot, Orange & Sultana Salad	MSC Battered Fish Fillet with Tartare Sauce, Oven Chips & Peas
<b>Option 2</b>	Macaroni Cheese served with Homemade Garlic Bread and Peas	Vegetable & Cheese Stack Wrap served with Wholemeal Rice and Coleslaw	Roasted Vegetable & Lentil Strudel served with Roasted Potatoes and Seasonal Vegetables	Meat Free Burger in a Roll served with Carrot, Orange & Sultana Salad	Vegetable Chow Mien with Ginger and Coriander Tofu
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Mixed Fruit Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 21st September and 12th October

*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 <https://j.mp/2ZCm2i3>

**ASHLYNS**  
High Laver Hall, Ongar, Essex, CM5 0DU  
Tel: 01277 890411/821 Fax: 0871 431 0608  
E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Queensbridge Primary School 2020 - Week 2

**Option 1**

**Option 2**

**Dessert**

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meat Feast Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Beef Bolognese with Wholemeal Pasta served with Seasonal Vegetables	BBQ Chicken Thighs served with Fragrant Rice and Carrots	Ashlyns Chicken Sausage served with Mashed Potatoes and Baked Beans	Omega 3 Fish Fingers served with Oven Chips and Peas
Option 2	Cheese, Tomato & Basil Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Mediterranean Summer Vegetable & Lentil Bolognese with Wholemeal Pasta served with Seasonal Vegetables	Smoked Bean Bredie and Minted Cucumber Riata served with Fragrant Rice	Quorn Sausage served with Mashed Potatoes and Baked Beans	Mixed Bean Ratatouille served with Rice and Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pots

Week commencing - 28th September and 19th October

*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 <https://j.mp/2Rw1CTj>

**ASHLYNS**  
 High Laver Hall, Ongar, Essex, CM5 0DU  
 Tel: 01277 890411/821 Fax: 0871 431 0608  
 E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)



# Queensbridge Primary School 2020 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jacket Potato with a Variety of Fillings	Baked Pasta Shells with Beef & Tomato Sauce served with Homemade Garlic Bread and Mixed Salad	Lemon and Thyme Roasted Chicken Thigh served with Roasted Baby Potatoes, Broccoli and Gravy	Chicken Jollof Rice served with Carrots & Peas	Omega 3 Fish Fingers with a Lemon Wedge served with Oven Chips and Baked Beans
Option 2	Jacket Potato with a Variety of Fillings	Pesto Pasta and Cannelloni Beans served with Homemade Garlic Bread and Mixed Salad	Mature Cheddar and Leek Wholemeal Quiche served with Roasted Baby Potatoes and Broccoli	Vegetable & Bean Jollof Rice served with Carrots & Peas	Vegetable Frittata with Spinach and Ricotta served with Mixed Salad
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pots

Week commencing - 5th October

*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 <https://j.mp/2FHMsYm>

**ASHLYNS**  
High Laver Hall, Ongar, Essex, CM5 0DU  
Tel: 01277 890411/821 Fax: 0871 431 0608  
E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

