Queensbridge Primary School Winter 2022 - Week 1

Meat Monday	Tuesday	Wednesday	Thursday	Friday
Flavoured Chicken Drumstick served with Braised Rice and a Pea & Carrot Medley	Wholemeal Penne Pasta in a Red Pepper, Lentil and TomatoRagu garnished with Fresh Basil	Sweet Potato, Spinach & Lentil Dahl served with Turmeric Rice & Broccoli	Poached Fish Fillet in TomatoSauce served with Buttered New Potatoes & Minted Peas	Meat Free Burger in a Bun served with Oven Chips & Baked Beans
Flavoured Quorn Fillet served with Braised Rice and a Pea & Carrot Medley	Red Lentil and Vegetable Moussaka served with Crusty Bread and Mixed Salad	Cheese Topped Mushroom, Spinach & Brown Rice Stuffed Pepper served with Broccoli	Smokey Vegetable and Bean Casserole served with Buttered New Potatoes and Minted Peas	Cheesy Vegetable Stack Wrap served with Oven Chips & Baked Beans
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Oaty Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week Commencing - 31st January, 28th February & 21st March

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

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

Option 1

Option 2

Dessert



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
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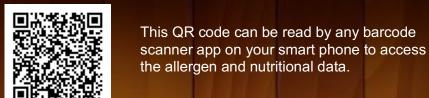
Queensbridge Primary School Winter 2022 - Week 2

	Meat Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Baked Pasta Shells with Beef & TomatoSauce with Homemade Garlic Bread & Mixed Salad	Martinique Vegetable & Chick Pea Curry with Indian Spiced Rice, Roasted Cauliflower and Peas	Margarita Pizza served with Coleslaw & Ashlyns Pasta Salad	All Day Vegetarian Breakfast served with Bread & Butter	Omega 3 Breaded Fish Fingers, Lemon Wedge, served with Oven Chips & Sweetcorn
Option 2	Buttered Pasta & Cannellini Beans with Homemade Garlic Bread & Mixed Salad	Wholemeal Spaghetti Puttanesca served with a Butter Bean Salad	Mediterranean Vegetable Pizza served with Coleslaw & Ashlyns Pasta Salad	New Potato and Pepper Spanish Omelette served with Baked Beans	Cheese, Red Onion and TomatoWrap served with Oven Chips
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week Commencing - 7th February, 7th March & 28th March

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

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



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

Queensbridge Primary School Winter 2022 - Week 3

Meat Monday	Tuesday	Wednesday	Thursday	Friday
Ashlyns Chicken Sausage served with Sautéed New Potatoes and Baked Beans	Sweet Potato & Lentil Korma served with Wholegrain Rice, Minted Cucumber Riata & TomatoSalad	Vegetable & Lentil Cottage Pie served with Buttered Carrots & Gravy	Leek & Mushroom Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	MSC Battered Fish Fillet, Lemon, TartareSauce served with Oven Chips & Garden Peas
Meat Free Sausage served with Sautéed New Potatoes and Baked Beans	Butter Bean, Tomato& Olive Tagineserved with Wholegrain Rice	Cheese & TomatoFlan served with Ashlyns Rice Salad	Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets	Jacket Potato served with Either, Baked Beans, Tuna Mayonnaise or Chick Pea & Vegetable Curry and Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Banana Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

Week Commencing - 21st February & 14th March

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

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

Option 1

Option 2

Dessert



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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