

Queensbridge Primary School Winter 2022 - Week 1

Option 1

Option 2

Dessert

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 Tomato Ragu garnished with Fresh Basil	Sweet Potato, Spinach & Lentil Dahl served with Turmeric Rice & Broccoli	Poached Fish Fillet in Tomato Sauce 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..
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

Queensbridge Primary School Winter 2022 - Week 2

Option 1

Baked Pasta Shells with Beef & Tomato Sauce 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 Tomato Wrap 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 ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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Queensbridge Primary School Winter 2022 - Week 3

Option 1

Ashlyns Chicken Sausage served with Sautéed New Potatoes and Baked Beans

Option 2

Meat Free Sausage served with Sautéed New Potatoes and Baked Beans

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Tuesday

Sweet Potato & Lentil Korma served with Wholegrain Rice, Minted Cucumber Riata & Tomato Salad

Butter Bean, Tomato & Olive Tagineserved with Wholegrain Rice

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
R/S Banana Flapjack

Wednesday

Vegetable & Lentil Cottage Pie served with Buttered Carrots & Gravy

Cheese & Tomato Flan served with Ashlyns Rice Salad

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Thursday

Leek & Mushroom Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets

Macaroni Cheese served with Homemade Garlic Bread & Broccoli Florets

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
R/S Chocolate Sponge and Custard

Friday

MSC Battered Fish Fillet, Lemon, Tartare Sauce served with Oven Chips & Garden Peas

Jacket Potato served with Either, Baked Beans, Tuna Mayonnaise or Chick Pea & Vegetable Curry and Garden Peas

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



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