

Queensbridge Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

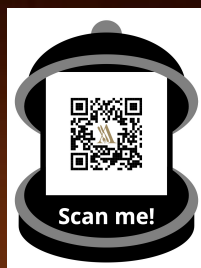
Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Spinach, Potato, Chick Pea & Coconut Curry served with Coriander Rice and Garlic Roasted Green Beans (Ve)	Cajun Chicken Pasta Bake served with Roasted Vegetables	Harvest Sausage Casserole served with Mashed Potatoes, Carrots and Shredded Cabbage	Italian Vegetable Bolognese served with Spaghetti and Roasted Buttered Sweetcorn (Ve)	MSC Battered Cod Fillet served with Oven Chips, Garden Peas and a Lemon Slice
Sri Lankan Curry served with Coriander Rice and Garlic Roasted Green Beans (Ve)	Cajun Lentil & Tomato Pasta Bake served with Roasted Vegetables (Ve)	Planet Friendly Sausage Casserole served with Mashed Potatoes, Carrots and Shredded Cabbage (Ve)	Italian Beef Bolognese served with Spaghetti and Roasted Buttered Sweetcorn	Cheesy Stack Wholemeal Wrap with Oven Chips and Garden Peas (V)
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Barbadian Ginger Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Sultana Shortbread (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

W/C - 10th November, 1st December, 5th January, 26th January, 23rd February and 16th March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato & Filling (V,Ve)
(But No Tuna on Monday's)
Wholemeal Bread (Ve)
Choice of Salads (Ve)
Water



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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Queensbridge Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Pizza Extravaganza

Cheese & Tomato (V)
Powerball (Ve)
Red Onion, Sweetcorn &
Roasted Chick Pea (Ve)

Option 2

served with
Herby Diced Sweet Potatoes
and Salad (Ve)

Dessert

Freshly Cut Fruit (Ve)
or
Organic Fruit Yoghurt (V)

Tuesday

3 Cheese & Broccoli Pasta
Bake served with Lemon
Buttered Carrots
(V)

Salmon & Tuna
Wholemeal Pasta Bake
served with Lemon
Buttered Carrots

Freshly Cut Fruit (Ve)
or
Organic Fruit Yoghurt (V)
or
Pineapple & Coconut Cake
(V)

Wednesday

Roast Chicken and
Yorkshire Pudding served
with Roast Potatoes,
Carrots, Broccoli and
Gravy

Cheese & Potato Whirl
served with Roast
Potatoes, Carrots,
Broccoli and Gravy
(V)

Freshly Cut Fruit (Ve)
or
Organic Fruit Yoghurt (V)

Thursday

Rainbow Chilli & Kidney
Bean Nachos served with
a Mexican Sweetcorn
Salsa
(Ve)

Beef Chilli Nachos served
with a Mexican
Sweetcorn Salsa

Freshly Cut Fruit (Ve)
or
Organic Fruit Yoghurt (V)
or
Fruit Flapjack (Ve)

Friday

MSC Fish Fingers served
with Oven Chips and
Baked Beans

Moving Mountain Ocean
Fingers served with Oven
Chips and Baked Beans
(Ve)

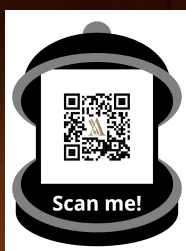
Freshly Cut Fruit (Ve)
or
Organic Fruit Yoghurt (V)
or
Frozen Yoghurt (V)

W/C - 10th November, 1st December, 5th January, 26th January, 23rd February and 16th March

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Available Daily...

Jacket Potato & Filling (V,Ve)
(But No Tuna on Monday's)
Wholemeal Bread (Ve)
Choice of Salads (Ve)
Water



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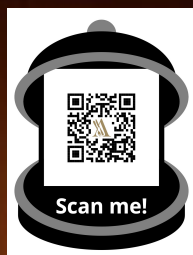
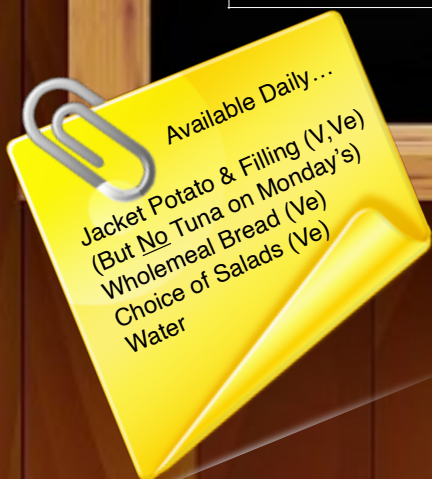
Queensbridge Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Leek Mac 'n' Cheese served with Garlic Bread and a Mixed Salad (V)	Aubergine & Lentil Katsu Curry served with Coconut Rice and Garlic Roasted Green Beans (Ve)	Jerk Chicken served with Jollof Rice Roasted Green Beans	Planet Friendly Burger in a Bun served with Seasoned Wedges and Baked Beans (Ve)	MSC Crispy Cod Fillet served with Chips and a Pea & Sweetcorn Medley
Option 2	Creamy Cauli Mac 'n' Cheese 'n' Peas served with Garlic Bread and a Mixed Salad (Ve)	Apricot & Chicken Curry served with Coconut Rice and Garlic Roasted Green Beans	Mix Bean Jamaican Pattie served with Jollof Rice Roasted Green Beans (Ve)	Ashlyns Beef Burger in a Bun served with Seasoned Wedges and Baked Beans	Cheesy Bean & Spinach Wholemeal Soft Wrap served with Chips and a Pea & Sweetcorn Medley (V)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Chocolate Krispie Bites (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Orange & Lemon Sponge with Creme Fraiche (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Fruit Jelly (Ve)

W/C - 17th November, 8th December, 12th January, 2nd February, 2nd March and 23rd March

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