

London Autumn 2017 - Week 1

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Jalfrezi served with Basmati Rice & Cauliflower Florets	Creamy Cheese & Vegetable Pasta Bake served with Mixed Salad	Roast Breast of Chicken served with Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Bun served with New Potatoes and Baked Beans	MSC Battered Fillet of Cod served with Oven Chips and Garden Peas
Option 2	Vegetable & Lentil Biryani served with Cauliflower Florets	Lime & Chilli Infused Baked Salmon served with Pasta Spirals and Mixed Salad	Cheese & Tomato Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Meat Free Burger in a Bun served with New Potatoes and Baked Beans	Roasted Vegetable & Lentil Strudel served with Oven Chips and Garden Peas
Dessert	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 Sultana Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pot

Week commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February and 19th 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.
Or visit <http://j.mp/2hB9Met>

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

London Autumn 2017 - Week 2

Option 1

Traditional Beef Bolognese served with Wholemeal Pasta Spirals & Courgettes

Option 2

Vegetable & Lentil Bolognese served with Wholemeal Pasta Spirals & Courgettes

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Tuesday
Beef Pepperoni Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly

Wednesday
Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy

Cheese & Potato Whirl served with Roast Potatoes, Seasonal Vegetables and Gravy

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Thursday
Cajun Chicken Thighs served with Long Grain Rice and Peas

BBQ Quorn Fillet served with Long Grain Rice and Peas

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Banana Sponge & Custard

Friday
MSC Cod Fish Fingers served with Oven Chips and Baked Beans

Spanish Omelette served with Oven Chips and Baked Beans

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Flapjack

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March and 26th 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.
Or visit <http://j.mp/2hB9Met>

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

London Autumn 2017 - Week 3

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Ashlyns Chicken Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Creamy Macaroni Cheese served with 'Home Made' Garlic Bread and Peas	Roast Chicken Thigh served with Roast Potatoes, Seasonal Vegetables and Gravy	Moroccan Lamb served with Braised Rice	MSC Battered Cod Fillet served with Oven Chips and Baked Beans
Option 2	Ashlyns Meat Free Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Tuna & Tomato Pasta Bake served with 'Home Made' Garlic Bread and Peas	Lentil Cottage Pie served with Seasonal Vegetables and Gravy	Chick Pea & Aubergine Tagine served with Braised Rice	Cheesy Wholemeal Wrap Stack served with Oven Chips and Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Dutch Apple Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce

Week commencing - 13th November, 4th December, 1st January, 22nd January, 19th February and 12th 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. Or visit <http://j.mp/2hB4I9W>

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

