

# London Spring 2017 - Week 1

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Beef Bolognese served with Tri-Colour Pasta and Seasonal Vegetables	Mildly Spiced Chicken Curry served with Coriander Rice and Garden Peas	Roast Topside of Beef served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Chicken Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Battered Fillet of Cod served with Oven Chips and Garden Peas
<b>Option 2</b>	Vegetable & Lentil Bolognese served with Tri-Colour Pasta and Seasonal Vegetables	Sweet Potato & Lentil Korma served with Coriander Rice and Garden Peas	Cheese & Tomato Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Quorn Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Cheddar Cheese & Vegetable Stack Wrap served with Oven Chips and Garden Peas
<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 Jam & Coconut Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th October

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

**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)

# London Spring 2017 - Week 2

## Option 1

Chicken Jollof Rice served with Roasted Seasonal Vegetables

Sweet Tomato & Cheese Pasta Bake served with Peas and Carrots

Roast Chicken Thigh served with Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy

Ashlyns Beef Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads

MSC Cod Fish Fingers served with Oven Chips and Baked Beans

## Option 2

Spinach & Ricotta Frittata served with Roasted Seasonal Vegetables

Salmon & Potato Puff served with Peas and Carrots

Roasted Leek, Red Onion & Feta Cheese Wholemeal Tart served with Seasonal Vegetables

Meat Free Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads

Chickpea & Aubergine Tagine served with Basmati Rice

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Shortbread

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Pineapple Upside Down  
Cake and Custard

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Ice Cream

Week commencing - 24th April, 15th May, 12th June, 3rd July, 4th September, 25th September and 16th October

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

**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)

# London Spring 2017 - Week 3

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	BBQ Chicken Thigh served with Basmati Rice and Sweetcorn	Beef Pepperoni Pizza served with Mixed Salad and Coleslaw	Roast Chicken Fillet served with Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy	Beef Chilli served with Long Grain Rice, Peas & Ashlyns Salsa	Battered Cod Fillet served with Oven Chips and Baked Beans
<b>Option 2</b>	BBQ Quorn Fillet served with Basmati Rice and Sweetcorn	Cheese and Tomato Pizza served with Mixed Salad and Coleslaw	Roast Vegetable & Lentil Strudel served with Roast Potatoes, Seasonal Vegetables and Gravy	Smokey Bean Casserole served with Long Grain Rice, Peas & Ashlyns Salsa	Roasted Vegetable & Mixed Bean Wholemeal Enchiladas served with Oven Chips and Baked Beans
<b>Dessert</b>	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	Freshly Cut Fruit or Organic Fruit Yoghurt or Apple & Pear Crumble with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Carrot Cake

## Option 2

## Dessert

Week commencing - 1st May, 22nd May, 19th June, 10th July, 11th September and 2nd October

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

**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)