

Randal Cremer Primary School - Week 1

Option 1

Mexican Beef Chilli & Rice Tacos served with Ashlyns Salsa & Mixed Bean Salad
(G, E, Sb)

Tuesday
Italian style Chicken with Wholemeal Pasta, Mixed Salad & Herb Flat Bread
(G, M, Ce)

Wednesday
Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Broccoli Florets, Carrots & Gravy
(G, E, M)

Thursday
Ashlyns Turkey Burger in a Bun served with a Cheese Topped Potato Boat & Baked Beans
(G, M, Se, Su)

Friday
Breaded Fillet of Cod served with Oven Chips & Garden Peas
(G, F, Mu)

Option 2

Mexican Quorn Chilli Tacos served with Ashlyns Salsa & Mixed Bean Salad
(G, E, M, Sb)

Basil & Parmesan Wholemeal Pasta with Mediterranean Vegetables, Mixed Salad & Herb Flat Bread
(G, M, Ce)

Roasted Vegetable & Lentil Strudel served with Roast Potatoes, Broccoli Florets, Carrots & Gravy
(G, M, Sb)

Vegetarian Burger in a Bun served with a Cheese Topped Potato Boat & Baked Beans
(G, E, M, Se)

Cheese & Leek Quiche with Oven Chips & Garden Peas
(G, E, M)

Dessert

Freshly cut fruit or Organic fruit yoghurt (M)

Freshly cut fruit or Organic fruit yoghurt (M) or Shortbread
(G, M)

Freshly cut fruit or Organic fruit yoghurt (M)

Freshly cut fruit or Organic fruit yoghurt (M) or Iced Lemon Sponge with Custard
(G, E, M, Sb)

Freshly cut fruit or Organic fruit yoghurt (M) or Ice Cream
(M)

Week commencing - 31st October, 21st November, 12th December, 9th January, 30th January, 27th February, 20th March

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

Allergen coding

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

ASHLYNS

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Randal Cremer Primary School – Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Ashlyns Chicken Sausage 'Toad in the Hole' served with New Potatoes & Shredded Cabbage (G, E, M)	Moroccan Style Minced Lamb served with Moroccan Style Vegetable Cous Cous & Carrots (G, Ce, Su)	Poached Salmon & Sweet Tomato Pasta served with Herb Flat Bread & Mixed Salad (G, F, M, Ce, Su)	Roast Chicken Thigh served with Stuffing, Roast Potatoes, Shredded Cabbage & Carrots (G)	Battered Cod Fillet served with Oven Chips and Garden Peas (G, F, M)
Option 2	Quorn Sausage 'Toad in the Hole' served with New Potatoes & Shredded Cabbage (G, E, M)	Turkish Stuffed Aubergine served with Vegetable Cous Cous & Carrots (G, Ce, Su)	Creamy Macaroni Cheese served with Herb Flat Bread & Mixed Salad (G, M, Mu)	Vegetable & Chick Pea Pasty served with Roast Potatoes, Shredded Cabbage & Carrots (G, M)	Tortilla Vegetable & Cheese Stack served with Oven Chips and Garden Peas (G, M)
Dessert	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Flapjack (G, M)	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Sponge with Chocolate Sauce (G, E, M, Sb)	Freshly cut fruit or Organic fruit yoghurt (M) or Fruit Jelly (No allergens)

Week commencing - 7th November, 28th November, 19th December, 16th January, 6th February, 6th March, 27th March

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

Allergen coding

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

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Randal Cremer Primary School – Week 3

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Korma served with Basmati Rice, Green Beans & Carrots (Su)	Beef Bolognese with Tri-Colour Pasta Spirals served with Herb Flat Bread & Sweetcorn (G, M, Ce)	Roast Turkey served with Roast Potatoes, Stuffing, Cauliflower & Broccoli Florets and gravy (G)	Spicy Chicken & Tomato Pizza Slice served with Pasta Salad & Coleslaw (G, E, M, Sb, Ce)	Breaded Fish Fingers served with Oven Chips and Baked Beans (G, F, M)
Option 2	Spinach & Sweet Potato Dahl served with Basmati Rice, Green Beans & Carrots (Ce, Mu)	Quorn Bolognese with Tri-Colour Pasta Spirals served with Herb Flat Bread & Sweetcorn (G, M, Ce)	Roasted Leek, Red Onion & Feta Cheese Wholemeal Pastry Tart with Roast Potatoes, Cauliflower & Broccoli Florets (G, M)	Cheese & Tomato Pizza Slice served with Pasta Salad & Coleslaw (G, E, M, Sb, Ce)	Quorn & Mixed Pepper Wrap served with Oven Chips & Baked Beans (G, E, M)
Dessert	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Syrup & Sultana Sponge with Custard (G, E, M, Sb)	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Ice Cream (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Fudge Slice (G, M)

Week commencing - 14th November, 5th December, 2nd January, 23rd January, 20th February, 13th March

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

Allergen coding

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

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