

Randal Cremer Primary School - Week 1

Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spiced Barbecue Chicken Drumstick served with Basmati Rice & Broccoli Florets (G, E, Sb, M, Ce, Mu)	Mediterranean Pizza Slice served with Mixed Salad & Coleslaw (G, E, Sb, M, Ce)	Roast Breast of Turkey and Stuffing served with Roast Potatoes, Cauliflower & Carrots (G)	Chilli Beef & Pepper Wholemeal Burrito served with Garlic Bread & Salsa (G, Sb, M, Ce)	Breaded Fillet of Cod served with Oven Chips & Peas (G, F, Mu)
Option 2	Vegetable & Quorn Chilli served with Basmati Rice & Broccoli Florets (G, E, M, Ce)	Cheese & Tomato Pizza Slice served with Mixed Salad & Coleslaw (G, E, Sb, M, Ce)	Spicy Bean Casserole served with Roast Potatoes, Cauliflower & Carrots (Ce)	Smoked Paprika & Tomato Wholemeal Pasta Bake served with Garlic Bread & Salsa (G, Sb, Ce, Su)	Mushroom, Spinach & Brown Rice stuffed Pepper served with Peas & Oven Chips (M)
Dessert	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Fruit Jelly (No allergens)	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Apple Crumble & Custard (G, E, Sb, M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Cookie (G, Sb, M)

Week commencing - 5th September, 26th September, 17th October.

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

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

Randal Cremer Primary School - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Traditional Beef Bolognese served with Wholemeal Pasta & Courgettes (G, M, Ce)	Chicken Balti served with Tumeric Rice & Peas & Cauliflower (No allergens)	Roast Topside of Beef & Yorkshire Pudding, Roast Potatoes, Steamed Cabbage, Carrots & Gravy (G, E, M)	Ashlyns Chicken Sausage served in a Roll with Chunky Potato Wedges & Baked Beans (G, Se)	Battered Cod Fillet served with Oven Chips and Peas (G, F, M)
Option 2	Vegetable & Lentil Bolognese served with Wholemeal Pasta & Courgettes (G, M, Ce)	Sweet Potato, Pepper & Lentil Curry served with Tumeric Rice, Peas & Cauliflower (No allergens)	Cheese & Potato Whirl served with Roast Potatoes, Steamed Cabbage, Carrots & Gravy (G, M, Mu)	Quorn Sausage served in a Roll with Chunky Potato Wedges & Baked Beans (G, E, M, Se)	Cheesy Stack Wrap served with Oven Chips & Peas (G, M)
Dessert	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Brownie (G, E, M)	Freshly cut fruit or Organic fruit Yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Coconut & Jam Sponge with Custard (G, E, M, Su)	Freshly cut fruit or Organic fruit yoghurt (M) or Flapjack (G, M)

Week commencing - 12th September, 3rd October

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

Lemon infused Chicken Fillet served with Long Grain Rice & Vegetable Ratatouille

(No allergens)

Option 2

Spinach & Ricotta Frittata served Long Grain Rice & Vegetable Ratatouille

(E, M)

Dessert

Freshly cut fruit or Organic fruit yoghurt (M)

Tuesday

Creamy Macaroni Cheese served with Garlic Bread & Peas

(G, Sb, M, Mu)

Poached Salmon, Dill & Broccoli Pasta served with Garlic Bread & Peas

(G, F, M)

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

Wednesday

Roast Chicken Thigh served with Roast Potatoes, Carrots & Spring Cabbage

(No allergens)

Mushroom & Lentil Roast served with Roast Potatoes, Carrots & Spring Cabbage

(G, Sb, Su)

Freshly cut fruit or Organic fruit yoghurt (M)

Thursday

Ashlyns Beef Burger in a Bun served with Chunky Potato Wedges & Mixed Salad

(G, Se, Su)

Vegetarian Burger in a Bun served with Chunky Potato Wedges & Mixed Salad

(G, E, M, Se)

Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Sponge & Chocolate Sauce (G, E, Sb, M)

Friday

Breaded Fish Fingers served with oven chips and Baked Beans

(G, F, M)

Roasted Leek, Red Onion & Feta Cheese Wholemeal Pastry Tart served with Oven Chips & Baked Beans

(G, E, M, Ce)

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

Week commencing - 19th September, 10th October

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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