

Randal Cremer Primary School Spring/Summer 2019 – Week 1

Option 1

Chicken Chow Mein with Oriental Fragrant Rice

Tuesday

Savoury Mince filled Yorkshire Puddings served with Mashed Potatoes, Garden Peas & Sweetcorn

Wednesday

Roast Chicken Thigh served with Stuffing, Roast Potatoes, Broccoli, Carrots & Gravy

Thursday

Tuna & Tomato Pasta Bake served with Homemade Garlic Bread & Mixed Green Salad

Friday

MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Baked Beans (Tartare Sauce available)

Option 2

Vegetable & Bean Chow Mein with Oriental Fragrant Rice

Savoury Quorn Mince filled Yorkshire Puddings served with Mashed Potatoes, Garden Peas & Sweetcorn

Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Broccoli, Carrots & Gravy

Cheese & Tomato Pasta Bake served with Homemade Garlic Bread & Mixed Green Salad

Roasted Vegetable & Mixed Bean Wholemeal Enchiladas served with Oven Chips & Baked Beans

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
Apple Crumble & Custard

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Frozen Yoghurt

Week commencing - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September & 14th October

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/2TmhupS>

ASHLYNS
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Randal Cremer Primary School Spring/Summer 2019 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Italian Style Meatballs & Pasta served in a Tomato Sauce	Chicken Jalfrezi served with Turmeric Rice, Minted Yoghurt, Roasted Cauliflower & Peas	Roast Topside of Beef with Yorkshire Pudding, Roast Potatoes, Carrots, Cabbage & Gravy	Salmon & Potato Puff served with Minted New Potatoes & Roasted Seasonal Vegetables	Ashlyns Beef Burger served with Oven Chips and Baked Beans (no roll)
Option 2	Mushroom & Cannelloni Bean Tagliatelle served with Homemade Garlic Bread, Broccoli & Sweetcorn	Sweet Potato & Lentil Korma served with Turmeric Rice, Roasted Cauliflower & Peas	Cheese & Potato Whirl served with a few Roast Potatoes, Carrots, Cabbage & Gravy	Cheese & Tomato Wholemeal Flan served with Minted New Potatoes & Roasted Seasonal Vegetables	Quorn Burger served with Oven Chips and Baked Beans (no roll)
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly & Ice Cream

Week commencing - 6th May, 3rd June, 24th June, 15th July, 9th September & 30th September

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



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Randal Cremer Primary School Spring/Summer 2019 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Jollof Rice served with Peas & Carrots	Beef Pepperoni Pizza served with Pasta Salad & Coleslaw	BBQ Chicken Thigh served with Basmati Rice, Cauliflower & Broccoli	Homemade Beef Puff Pastry Sausage Roll served with Mashed Potatoes & Baked Beans	MSC Cod Fish Fingers served with Oven Chips, Sweetcorn and a Lemon Wedge
Option 2	Roasted Vegetable & Mixed Bean Ratatouille served with Braised Rice, Peas & Carrots	Cheese & Tomato Pizza served with Pasta Salad & Coleslaw	Chickpea & Vegetable Curry served with Basmati Rice, Cauliflower & Broccoli	Homemade Puff Pastry Quorn Sausage Roll served with Mashed Potatoes & Baked Beans	Mixed Bean Wrap served with Oven Chips and Sweetcorn
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Lemon Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Krispies	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 13th May, 10th June, 1st July, 22nd July, 16th September & 7th October

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



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