

Sample Spring & Summer Menu 2024 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wedge of Honeydew Melon	Platter of Seasonal Fresh Fruit	Baby Banana	Pineapple Fingers	Toast with Spread and Apple Slices
Lunch Option 1	Cheese, Egg and Tomato Pasta Bake served with a Cucumber, Tomato & Basil Salad	Chickpea Tagine served with Sweetcorn and Bell Pepper Cous Cous	Beef Ragu served with Pasta and Broccoli Florets	Vegetable & Lentil Korma served with Wholemeal Fragrant Rice and Carrot Batons	Omega 3 Fish Fingers served with Sweet Potato Wedges and Reduced Salt and Sugar Baked Beans
Lunch Option 2	Tomato and Butter Bean Pasta Bake served with a Cucumber, Tomato & Basil Salad	Chicken Tagine served with Sweetcorn and Bell Pepper Cous Cous	Vegetable & Lentil Ragu served with Pasta and Broccoli Florets	Chicken & Apricot Korma served with Wholemeal Fragrant Rice and Carrot Batons	Vegetable Fingers served with Sweet Potato Wedges and Reduced Salt and Sugar Baked Beans
Dessert	Stewed Pear Halves	Cinnamon Topped Semolina Pudding	Apple Crumble with Reduced Sugar Custard	Sugar Free Banana Bread	Natural Yoghurt with a Summer Berry Compote
Afternoon Snack	Cheddar Cubes, Buttered Bread and Cucumber Sticks	Tzatziki with Toasted Wholemeal Pitta	Cheese and Grated Carrot Sandwich	Cucumber Batons, Soft Cheese with Crackers	Wholemeal Pitta Bread Fingers with Humous & Cucumber Sticks

W/C - 15th April, 13th May, 10th June, 8th July, 5th August, 16th September and 14th October

Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council

Water served with morning snack and lunch and readily available throughout the day
Milk with afternoon snack



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

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

Sample Spring & Summer Menu 2024 - Week 2

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Natural Yoghurt with Banana Slices	Wedge of Honeydew Melon	Pineapple Fingers	Toast Fingers with Apple Slices	Platter of Seasonal Fresh Fruit
Lunch Option 1	Sweetcorn, Lentil & Red Pepper Mac 'n' Cheese served with Mixed Salad	Jerk Chicken Thigh served with Rice & Peas	Sweet Potato & Cannellini Bean Casserole served with Minted Garden Peas	Lemon & Thyme Chicken Thigh served with Spinach, Leek and Cream Wholemeal Penne Pasta	Homemade Falafel Sausage served with Creamy Mash, Peas & Gravy
Lunch Option 2	Mac 'n' Cheese with Grated Egg served with Mixed Salad	Jamaican Style Chickpea Curry served with Rice & Peas	Beef and Potato Casserole served with Minted Garden Peas	Lemon & Thyme Roasted Cauliflower served with Spinach, Leek, Chickpea and Cream Wholemeal Penne Pasta	Ashlyns Chicken Sausage served with Creamy Mash, Peas & Gravy
Dessert	Rice Pudding with Sultananas	Natural Yoghurt with Stewed Apples and Pears	Fresh Fruit Salad	Reduced Sugar Apricot and Blueberry Flapjack	Wedge of Water Melon
Afternoon Snacks	Toast with Scrambled Egg	Cheese and Crackers	Reduced Salt and Sugar Beans on Toast	Cheese & Tomato Wholemeal Sandwich	Humous with Beadsticks

W/C - 22nd April, 20th May, 17th June, 15th July, 12th August, 23rd September and 21st October

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Sample Spring & Summer Menu 2024 – Week 3

Morning Snack

Lunch Option 1

Lunch Option 2

Dessert

Afternoon Snack

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Platter of Seasonal Fresh Fruit	Wedge of Water Melon	Breadsticks with a Sweet Potato Homous Dip	Wedge of Pineapple	Platter of Seasonal Fresh Fruit
Lunch Option 1	Jacket Potato with Reduced Salt & Sugar Baked Beans served with Mixed Salad	Mushroom & Lentil Stroganoff served with Wholemeal Rice and Green Beans	BBQ Chicken Thigh served with a Potato, Sweetcorn and Spring Onion Salad	Beef Lasagne served with a Green Leaf Salad	Vegetable & Chickpea Fajitas served with Cheese and Fresco Salsa
Lunch Option 2	Jacket Potato with Grated Cheese & Egg served with Mixed Salad	Beef Stroganoff served with Wholemeal Rice and Green Beans	Homemade Cauliflower & Chickpea Tenders served with a Potato, Sweetcorn and Spring Onion Salad	Courgette, Lentil and Aubergine Lasagne served with a Green Leaf Salad	Chicken & Red Pepper Fajitas served with Cheese and Fresco Salsa
Dessert	Reduced Sugar Carrot Cake & Cream	No Added Sugar Apple Oatmeal Cookies	Ripe Banana	Reduced Sugar Pineapple and Coconut Cake	Semolina Pudding and Fruit Compote
Afternoon Snack	Toasted Muffin Crumpet, Cream Cheese and Cucumber Sticks	Reduced Salt and Sugar Beans on Toast	Cream Crackers with Spread and Apple Slices	1/2 English Muffin with Cream Cheese and Diced Tomatoes	Oat Cakes with Banana Slices

W/C - 29th April, 27th May, 24th June, 22nd July, 2nd September and 30th September

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Sample Spring & Summer Menu 2024 - Week 4

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Natural Yoghurt with Apple Wedges	Platter of Seasonal Fruit	Pineapple Fingers	Toasted Wholemeal Pitta with a Red Pepper Queso Dip	Wedge of Honeydew Melon
Lunch Option 1	Ratatouille & Cannellini Bean Pasta Bake served with Sweetcorn	North African Chicken Tagine served with Wholemeal Rice and Carrot Batons	Vegetable & Lentil Casserole served with Mashed Potato and Braised Cabbage	Mexican Beef & Cheese Pasta served with a Mixed Salad	Greek Styled Roasted Tofu served with Garlic Crushed New Potatoes and a Green Bean & Pea Medley
Lunch Option 2	Chickpea Shakshuka Pasta Bake served with Sweetcorn	Sweet Potato, Butternut and Haricot Bean Tagine served with Wholemeal Rice and Carrot Batons	Sausage Casserole served with Mashed Potato and Braised Cabbage	Mexican Mixed Bean & Cheese Pasta served with a Mixed Salad	Greek Styled Roasted Salmon and Pollock served with Garlic Crushed New Potatoes and a Green Bean & Pea Medley
Dessert	No Added Sugar Banana Bread	Granola Topped Natural Yoghurt	Baked Apples	Reduced Sugar St. Clements Cake	Cinnamon Topped Rice Pudding
Afternoon Snack	Cheese & Tomato Wholemeal Sandwich	Breadsticks with a Humous Dip	Scrambled Egg on Toast	Cheese Sticks with Apple Slices	Rice Cakes with Cream Cheese and Apple Slices

W/C - 6th May, 3rd June, 1st July, 29th July, 9th September and 7th October

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