

Shacklewell Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mighty Vegetable Meatballs and Pasta Shells served with Peas & Sweetcorn (Ve)	Sizzling Mexican Chicken Fajitas served with Bean Rice, Guacamole, Red Cabbage and Lime Wedges	Quorn Sausages served with Confit Garlic Mash and Green Beans (Ve)	Moroccan Harissa and Apricot Chicken Thigh served with a Chickpea and Pepper Cous Cous, Baby Corn & Peas	Crunchy Golden Nuggets served Chips and Baked Beans (Ve)
Option 2	Tangy Tomato Puttanesca Pasta Shells served with Peas & Sweetcorn (Ve)	Jackfruit Enchiladas served with Bean Rice, Guacamole, red Cabbage and Lime Wedges (Ve)	Chicken & Leek Sausages served with Confit Garlic Mash and Green Beans	Moroccan Harissa and Apricot Vegan Chicken Strips served with a Chickpea and Pepper Cous Cous, Baby Corn & Peas (Ve)	Chicken Nuggets served Chips and Baked Beans
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Jam & Coconut Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Chocolate & Orange Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Shortbread Biscuit (Ve)

W/C - 6th January, 27th January, 24th February and 17th March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
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.

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

Shacklewell Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

Dessert

Climate Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese served with a Pea and Sweetcorn Medley (V)	Chickpea Curry served with Fragrant Rice and Green Beans (Ve)	Pizza Extravaganza A Variety of Pizza toppings including	Beetroot Falafel served with Pitta Bread, Mint & Cucumber Mayo and Roasted Vegetables & Chickpeas (Ve)	Hot Dog in a Roll served with Chips and Baked Beans
Mac n Cheeze served with a Pea and Sweetcorn Medley (Ve)	Coconut Chicken Curry served with Fragrant Rice and Green Beans	Margarita (V) Planet Balls (Ve) Pepperoni Vegan Bacon & Pineapple (Ve) served with Italian Potato Cubes, Carrots and Broccoli	Chicken Shawarma served in a Pitta Bread with Roasted Vegetables & Chickpeas	Quorn Hot Dog in a Roll served with Chips and Baked Beans (Ve)
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Strawberry Swirl Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Biscoff Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Oat Cookie (Ve)

W/C - 13th January, 3rd February, 3rd March and 24th March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
Wholemeal bread
Choice of salads
Water



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Shacklewell Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spinach, Potato & Coconut Curry served with Turmeric Rice, Naan Bread and Green Beans (Ve)	BBQ Chicken Thigh served with Macaroni Cheese and Mixed Pepper & Sweetcorn	Roasted Jerk Quorn served with Rice & Peas (Ve)	Planet Friendly Burger served with Wedges and Baked Beans (Ve)	Omega 3 Fish Fingers served with Chips and Garden Peas
Option 2	Saag Aloo with Butter Beans served with Turmeric Rice, Naan Bread and Green Beans (Ve)	Vegan Feta and Spinach Pastry Squares served with Roasted Baby Potatoes and Mixed Pepper & Sweetcorn (Ve)	Jerk Chicken served with Rice & Peas	Ashlyns Beef Burger in a Bun served with wedges and Baked Beans	Crunchy Golden Fingers served with Chips and Garden Peas (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Apple & Cinnamon Upside Down Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Iced Vanilla Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Flapjack (Ve)

W/C - 20th January, 10th February, 10th March and 31st March

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato with filling (V & VE options)
Wholemeal bread
Choice of salads
Water



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