

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	Creamy Tomato & Bean Tagliatelle served with Roasted Mediterranean Vegetables (Ve)	Chipotle Beef Tacos served with Coriander Brown Rice, Jalapeños, Pickled Red Cabbage, Sour Cream and Guacamole	Jamaican Mixed Bean & Vegetable Patties served with Rice & Peas and Broccoli (Ve)	Beef & Butternut Squash Hotpot served with a Green Bean and Carrot Medley	Crunchy Vegan Nuggets served Chips and Baked Beans (Ve)
Option 2	Aubergine Parmigiana (vegetable & lentil lasagne) served with Roasted Mediterranean Vegetables (V)	BBQ Pulled Jackfruit & Turtle Bean Tacos served with Coriander Brown Rice, Jalapeños, Pickled Red Cabbage, Vegan Sour Cream and Guacamole (Ve)	Jerk Chicken served with Rice & Peas and Plantain	Curried Lentil Cottage Pie with a Sweet Potato Topping served with a Green Bean and Carrot Medley (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 Marble Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Lemon Curd Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Shortbread Biscuit (Ve)

W/C - 16th September, 7th October, 4th November, 25th November and 16th December

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

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.

ASHLYNS
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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.

	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza Extravaganza A Variety of Pizza toppings including	Green Pesto Chicken Pasta served with Home Made Garlic Focaccia Bread and Carrots	Quorn Sausage served with Creamy Vegan Mash and Smokey Baked Beans (Ve)	BBQ Chicken served with Mac 'N' Cheese and a Mixed Salad	Omega 3 Fish Fingers served with Chips and Garden Peas
Option 2	Margarita & Fresh Basil (V) Vegan Meatballs (Ve) Vegan Hawaiian (Ve) served with Seasoned Wedges and Sweetcorn	Red Pepper Pesto Wholemeal Pasta served with Home Made Garlic Focaccia Bread and Carrots (Ve)	Toulouse Sausage served with Cheesy Mash and Smokey Baked Beans	Tempura Vegetables and Soba Noodles (Ve)	Crunchy Vegetable 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 Cherry 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 Vanilla & Coconut Sponge (V)

W/C - 23rd September, 14th October, 11th November and 2nd December

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

Available Daily ...
Jacket Potato with filling
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	Sweet Potato, Coconut & Chickpea Curry served with Fragrant Rice and Green Beans (Ve)	Chicken and Vegetable Stir Fry served with Egg Noodles	Vegan Meatballs served with sweet Tomato Pasta and a Broccoli & Carrot Medley (Ve)	Seasoned Chicken and Jollof Rice served with Peas & Sweetcorn	MSC Battered Cod Fillet served with Chips and Garden Peas
Option 2	Red Pepper, Vegetable & Chickpea Balti served with Fragrant Brown Rice and Green Beans (Ve)	Singapore Stir Fry with Edamame Beans served with Rice Noodles (Ve)	Beef Lasagne served with Home Made Garlic Focaccia Bread and a Broccoli & Carrot Medley	Ghanaian Bean Stew and Jollof Rice served with Peas & Sweetcorn (Ve)	Vegan Chicken Popcorn 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 Chocolate & Pear Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Iced Carrot Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Rock Cakes (V)

W/C - 30th September, 21st October, 18th November and 9th December

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

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



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