

Wickford C of E School Spring/Summer 2019 - Week 1

Option 1

Option 2

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Feast Pizza served with Rice Salad & Coleslaw	Italian Style Beef Meatballs in a rich Tomato & Basil Sauce with Pasta Quills & Sweetcorn	Roast Chicken Thigh & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Homemade Puff Pastry Sausage Roll served with New Potatoes and Baked Beans	MSC Battered Cod Fillet served with Oven Chips and Garden Peas
Jacket Potato with Cheese, Baked Beans or Tuna	Cheese, Bean & Spinach Stack Wrap served with Rice Salad & Coleslaw	Quorn Sausage served with Roast Potatoes, Seasonal Vegetables & Gravy	Italian Quorn Pieces in a Tomato Sauce with Wholemeal Pasta & Mixed Salad	Cheese & Tomato Pizza served with Oven Chips & Peas
Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Drizzle Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt or Rice Krispie Cakes	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Fairy Cakes

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.



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/2TDxjIQ>

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

Available Daily ...
Wholemeal bread
Choice of salads
Water

Wickford C of E School Spring/Summer 2019 - Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mexican Chicken Wrap served with Brown Rice & Salad	Beef Lasagne served with Mixed Green Salad	Roast Gammon served with Mashed Potatoes, Sliced Carrots & Gravy	All Day Breakfast including Hash Browns	MSC Battered Cod Fillet served with Oven Chips and Minted Peas
	Cheese & Potato Pasty served with New Potatoes & Sweetcorn	Macaroni Cheese served with Mixed Green Salad	Roasted Vegetable & Lentil Strudel served with Mashed Potatoes, Sliced Carrots & Gravy	Jacket Potato with Cheese, Baked Beans or Tuna	Mexican Quorn Wrap served with Brown Rice & Salad
	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Chocolate Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Raspberry & White Chocolate Muffin	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly

Week commencing - 6th May, 3rd June, 24th June, 15th July, 9th September, 30th September & 21st October

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.



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/2TzLYVz>

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Available Daily ...
Wholemeal bread
Choice of salads
Water

Wickford C of E School Spring/Summer 2019 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sticky Chicken Thigh served with Wholemeal Rice & Peas	Cheese & Bacon Whirl served with New Potatoes & Green Beans	Roast Turkey & Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger in a Bun served with Pasta Salad	MSC Cod Fish Fingers served with Oven Chips, Pasta Hoops or Baked Beans
Option 2	Meat Free Burger in a Bun served with Pasta Salad	Covent Garden Pie served with New Potatoes & Green Beans	Cheese & Potato Whirl served with a few Roast Potatoes, Seasonal Vegetables & Gravy	Wholemeal Roasted Vegetable & Chickpea Paella served with Peas	Cheese & Pepper Wrap Stack served with Oven Chips, Pasta Hoops or Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Marble Sponge

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.



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/2TEPCxs>

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Available Daily ...
Wholemeal bread
Choice of salads
Water