

# St Scholastica's RC School Spring/Summer 2023 - Week 1

	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Lentil and Vegetable Pasta Bake served with a Mixed Salad	Chicken in a Black Bean Sauce served with Rice Noodles and Roasted Vegetables	Seasoned Roasted Chicken Thigh served with Roasted Baby Potatoes, Broccoli, Carrots and Gravy	Ashlyns Beef Burger in a Roll served with a Deli Bar including Carrot, Orange & Sultana Salad	Omega 3 Fish Fingers with a Lemon Wedge served with Oven Chips and Baked Beans
Option 2	Filled Whole Jacket Potato served with a choice of fillings -Tuna Mayonnaise, Baked Beans, Cheese, BBQ Vegetables served with a Mixed Salad	Quorn and Mixed Peppers in Sweet Chilli Sauce served with Rice Noodles and Roasted Vegetables <b>(Vegan)</b>	Mature Cheddar and Leek Wholemeal Quiche served with Roasted Baby Potatoes, Broccoli and Carrots	Vegan Vegetable Burger in a Roll served with a Deli Bar including Carrot, Orange & Sultana Salad <b>(Vegan)</b>	Mexican Bean Wrap served with Oven Chips and Baked Beans <b>(Vegan)</b>
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Jam Sponge & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

W/C - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th 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.

**ASHLYNS**  
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# St Scholastica's RC School Spring/Summer 2023 - Week 2

**Option 1**

**Option 2**

**Dessert**

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese, Tomato & Basil Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Baked Wholemeal Pasta Shells with Beef & Tomato Sauce served with Garlic Bread and Mixed Salad	Cajun Chicken Thighs served with Fragrant Rice Sautéed Spring Greens and Carrots	Homemade Ashlyns Chicken Sausage Roll served with Crushed New Potatoes and Baked Beans	MSC Battered Cod Fillet served with Oven Chips & Minted Peas
Option 2	Cheese, Tomato & Basil Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Pesto Wholemeal Pasta and Cannellini Beans served with Garlic Bread and Mixed Salad <b>(Vegan)</b>	Smoked Bean Bredie and Minted Cucumber Riata served with Fragrant Rice <b>(Vegan without the Riata)</b>	Homemade Meatfree Sausage Roll served with Crushed New Potatoes and Baked Beans <b>(Vegan)</b>	Vegetable Fingers served with Oven Chips and Minted Peas <b>(Vegan)</b>
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Chocolate Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 24th April, 15th May, 12th June, 3rd July, 4th September, 25th September and 16th October

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



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# St Scholastica's RC School Spring/Summer 2023 - Week 3

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Cheese & Tomato Pasta Bake served with Garlic Bread Slice and Peas	Beef & Cheese Tortilla Wrap served with Wholemeal Rice Salad and Coleslaw	Roasted Chicken Thigh and Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Mexican Beef Chilli served with Braised Rice, Sliced Green Bean & Sweetcorn Medley	MSC Battered Fish Fillet with Tartare Sauce, Oven Chips & Peas
<b>Option 2</b>	Tomato & Cannellini Bean Pasta served with Garlic Bread Slice and Peas <b>(Vegan)</b>	Vegetable & Cheese Stack Wrap served with Wholemeal Rice Salad and Coleslaw	Roasted Vegetable & Lentil Strudel served with Roast Potatoes and Seasonal Vegetables <b>(Vegan)</b>	Mexican Vegetable & Bean Chilli served with Braised Rice, Sliced Green Bean & Sweetcorn Medley <b>(Vegan)</b>	Spinach and Ricotta Frittata served with Mixed Salad
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Iced Lemon & Orange Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Mixed Fruit Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 1st May, 22nd May, 19th June, 10th July, 11th September and 2nd October

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



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