

# Grazebrook Primary School Autumn & Winter Menu - Week 1

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Butternut Squash and Red Leicester Macaroni Cheese served with Homemade Focaccia Bread	Chicken Sausages served with Creamy Mashed Potato, Caramelised Onion, Seasonal Vegetables and Gravy	Winter Beef Pie served with Parsley New Potatoes and Savoy Cabbage	Jerk Chicken, Rice and Peas served with Broccoli and a Caribbean Slaw Salad	MSC Battered Fish Fillet served with Oven Chips, Peas, Tartare Sauce and Lemon Wedge
Ginger Crusted Tofu, Soy Vegetables, Haricot Beans and Soba Noodles (V)	Vegetarian Sausages served with Creamy Mashed Potato, Caramelised Onion, Seasonal Vegetables and Gravy	Mature Cheddar Cheese Tart served with Parsley New Potatoes and Mixed Salad	Vegetable Biryani and Curried Puy Lentils with Naan Bread (V)	Aubergine and Lentil Katsu Curry with Fragrant Rice and Stir Fry Vegetables (V)
Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Chocolate Chip Shortbread	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Banana & Stem Ginger Cake and Custard	Freshly Cut Fruit or Organic Yoghurt or Frozen Yoghurt (VA)

Week Commencing - 1st November, 22nd November, 13th December, 17th January, 7th February, 7th March & 28th March

*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**

High Laver Hall, Ongar, Essex, CM5 0DU  
Tel: 01277 890411/821 Fax: 0871 431 0608  
E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Grazebrook Primary School Autumn & Winter Menu - Week 2

(V) = Vegan

(VA) = Vegan Alternative Available

**Option 1**

**Option 2**

**Dessert**

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mozzarella, Tomato and Basil Pizza served with New Potatoes and Mixed Leaf Salad (VA)	Balti Chicken Curry and Indian Spiced Rice served with Roasted Cauliflower and Garden Peas	Roast Beef and Yorkshire Pudding served with Roast Potatoes, Savoy Cabbage and Gravy	Beef Bolognese and Linguine Pasta served with a Basil & Tomato Salad	Omega 3 Fish Fingers served with Oven Chips, Tartare Sauce and Garden Peas
Option 2	Mushroom and Parmesan Arancini with a Butter Bean and Lemon Salad	Mixed Bean & Vegetable Wholemeal Burrito served with Mixed Salad (VA)	Leek, Potato and Cheddar Cheese Pasty served with Roasted Winter Vegetables and Gravy	Wholemeal Penne Pasta in a Red Pepper, Lentil and Tomato Ragu garnished with Basil (V)	Tempura Vegetables with Soba Noodles, Haricot Beans and Soy Sauce (V)
Dessert	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Apple & Plum Crumble with Custard	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Farmhouse Fruit Cake with Cream	Freshly Cut Fruit or Organic Yoghurt or Frozen Yoghurt (VA)

Week Commencing - 8th November, 29th November, 3rd January, 24th January, 21st February & 14th March

**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**  
High Laver Hall, Ongar, Essex, CM5 0DU  
Tel: 01277 890411/821 Fax: 0871 431 0608  
E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Grazebrook Primary School Autumn & Winter Menu - Week 3

(V) = Vegan

(VA) = Vegan Alternative Available

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b> Spaghetti Puttanesca served with Broccoli and Homemade Garlic Flat Bread (V)	Beef Chilli Con Carne served with Basmati Rice, Sweetcorn and Homemade Oven Baked Nachos	Lemon & Thyme Roasted Chicken Thighs served with Parsley New Potatoes, Caramelised Carrots, Garden Peas and Sage & Onion Stuffing	Ashlyns Beef Burger in a Floured Bun served with Potato wedges, Breaded Onion Rings and Baked Beans	MSC Battered Fish Fillet served with Oven Chips, Peas, Tartare Sauce and Lemon Wedge
<b>Option 2</b> Martinique Vegetable and Chick Pea Curry served with Indian Spiced Rice, Roasted Cauliflower and Garden Peas (V)	Vegetable Tagine served with an Olive and Lemon Cous Cous Salad (V)	Mixed Bean Wholemeal Patties served with Rice, Peas, Broccoli and a Citrus Slaw Salad (V)	Breaded Vegetable Burger in a Floured Bun served with Potato wedges, Breaded Onion Rings and Baked Beans	Red Lentil and Vegetable Moussaka served with Homemade Crusty Bread and Mixed Salad (VA)
<b>Dessert</b> Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Chocolate & Beetroot Cake with Butter Cream	Freshly Cut Fruit or Organic Yoghurt	Freshly Cut Fruit or Organic Yoghurt or Rose Water Rice Pudding	Freshly Cut Fruit or Organic Yoghurt or Frozen Yoghurt (VA)

Week Commencing - 15th November, 6th December, 10th January, 31st January, 28th February & 21st March

**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**  
 High Laver Hall, Ongar, Essex, CM5 0DU  
 Tel: 01277 890411/821 Fax: 0871 431 0608  
 E-mail: [info@ashlyns.co.uk](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

