

# Grazebrook Primary School 2022/23 - Week 1

## Option 1

## Option 2

## Sides

## Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Fusilli Pasta with Broccoli and Anchovies	Caribbean Coconut Chicken Curry and Wholemeal Rice	Beef and Butternut Squash Pie with Roast Potatoes	Beef Ragu and Pasta	Breaded MSC Fish Fingers and Chips
Option 2	Cannellini Beans and Salsa	Sweet Potato Garam Masala Chickpeas with Naan Bread	Cauliflower Steak Parmesan	Singapore Stir Fry with Edamame Beans and Rice Noodles	Lentil Wellington
Sides	Buttered Sweetcorn	Sweet Onions and Roasted Cauliflower	Roast Broccoli with Fennel	Fine Green Beans	Minted Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Rice Pudding with Mango Puree	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Marble Cake & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

W/C - 31st October, 21st November, 12th December, 16th January, 6th February, 6th March and 27th 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 2022/23 - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Red Pesto Spaghetti with Basil Oil and Feta	Lamb Kofta with Flatbread and Couscous	Chicken Toulouse Sausage and Colcannon Mash	Beef Tacos with Salsa and Lime Wedges	Breaded Salmon Fishcake and Chips
<b>Option 2</b>	Ratatouille and Focaccia Bread	Grilled Halloumi and Roasted Vegetables	Mushroom Risotto	Quorn Tacos with Salsa and Lime Wedges	Columbian Stew with Red Kidney Beans
<b>Sides</b>	Fine Green Beans	Turkish Salad Selection	Minted Chilli Peas	Roasted Sweetcorn	Plantain, Minted Peas and Sweetcorn
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Parsnip and Maple Agave Syrup Cake with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Milk Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

W/C - 7th November, 28th November, 2nd January, 23rd January, 20th February and 13th 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 2022/23 - Week 3

## Option 1

Penne Pasta with Marjoram Alfredo Sauce

## Tuesday

Detroit Pizza with Parmentier Potatoes

## Wednesday

Roasted Chicken with Portuguese Rice

## Thursday

Cottage Pie

## Friday

Breaded MSC Fish Fingers and Chips

## Option 2

Tomato and Feta Tart

Roasted Butternut Squash Wholemeal Pasta Pesto

Sweetcorn Polenta Portobello Mushrooms with Crispy Kale Parmesan

Leek and Cheese Potato Boat

Roasted Vegetable Quiche

## Sides

Sweet Onions and Roasted Cauliflower

Fine Green Beans

Honey Glazed Parsnips and Carrots

Roast Broccoli with Fennel

Minted Peas

## Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Banana & Honey Sponge with Custard

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Sticky Toffee Pudding with Custard

Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

W/C - 14th November, 5th December, 9th January, 30th January, 27th February and 20th 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)