

Grazebrook Primary School Summer Menu 2023 - Week 1

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Arrabiata Pasta with Parmesan Shavings	Dijon Mustard, Olive and Onion Chicken served with Steamed Rice	Black Bean Chicken Noodles	Beef Burger served with Roasted Potato Wedges	Breaded MSC Omega 3 Fish Fingers and Thick Cut Chips
Option 2	Goats Cheese & Caramelised Red Onion Tart	Mixed Bean Wholemeal Wrap	Quorn Black Bean Noodles	Spicy Bean Burger served with Roasted Potato Wedges	Vegan Nuggets and Thick Cut Chips
Sides	Garlic Green Beans	Roasted Broccoli	Prawn Crackers & Pickled Cucumber Salad	Buttered Sweetcorn	Mushy Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate & Orange Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Summer Berry Cheesecake	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

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
High Laver Hall, Ongar, Essex, CM5 0DU
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Grazebrook Primary School Summer Menu 2023 - Week 2

Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Pesto Pizza Swirls served with Roasted New Potatoes	Chicken Shish Kebab Wrap with Tzatziki Sauce	Beef Lasagne and Garlic Bread	Butter Chicken Curry served with Turmeric Rice and Naan Bread	Breaded MSC Fish Fingers with Chips & Tartare Sauce
Option 2 Leek & Cheese Gnocchi Bake	Falafel Wholemeal Wrap with Tzatziki Sauce	Vegetable Moussaka	Garlic Tarka Dahl with Turmeric Rice	Vegan Sausage Roll
Sides Garlic Green Beans	Pickled Red Cabbage	Steamed Broccoli	Roasted Sweetcorn	Chilli Peas
Dessert Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Sponge and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate & Raisin Tiffin Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

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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Grazebrook Primary School Summer Menu 2023 - Week 3

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spinach & Feta Pasta Bake	Chicken Jambalaya	BBQ Beef Brisket Bun served with a Fennel Coleslaw and Potato Cubes	Sticky Soy Chicken with Vegetable Wholemeal Rice	Battered MSC Fish and Skinny Fries
Option 2	Red Pepper Frittata	Coconut Veg & Chickpea Curry and Steamed Rice	Roasted Aubergine & Chickpea Pitta	Vegetable Cornish Pasty	Vegetable Hot Dogs and Skinny Fries
Sides	Pesto Roasted Carrots	Cajun Steamed Broccoli	Buttered Sweetcorn	Garlic Green Beans	Minted Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt Selection

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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