

# Grazebrook Primary School Menu – Week 1

**Vegetarian = (V)** **Vegan = (Ve)**. All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

|                 | Planet Friendly Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|-----------------|--|---|---|--|--|
| <b>Option 1</b> | Roasted Red Pepper, Chickpea & Sun-dried Tomato Pasta Bake served with Garden Peas and Homemade Focaccia Bread | Sweet Potato & Lentil Korma served with Fragrant Wholemeal Rice, Naan Bread and Garlic Green Beans (Ve)                       | BBQ Chicken Drumsticks served with Savoury Vegetable Rice and Steamed Broccoli              | Roast Topside of Beef served with a Yorkshire Pudding, Roast Potatoes, Peas, Carrots and Gravy   | Moving Mountains Plant Based Nuggets served with Chips and Baked Beans (Ve)  |
| <b>Option 2</b> | (Ve)   | Chicken Tikka Balti served with Fragrant Wholemeal Rice, Naan Bread and Garlic Green Beans                                    | BBQ Quorn Fillet served with Savoury Vegetable Rice and Steamed Broccoli (Ve)               | Mushroom & Lentil Roast served with Roast Potatoes, Peas, Carrots and Gravy (Ve)   | Chicken Nuggets served with Chips and Baked Beans  |
| <b>Dessert</b>  | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)                    | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Jam & Coconut Sponge (V) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Apple & Cinnamon Cake with Toffee Custard (V) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt<br>or<br>Shortbread Cookie (Ve) |

W/C - 12th January, 2nd February, 2nd March and 23rd March

*Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible*

Available Daily...  
Jacket Potato with filling (V & VE options)  
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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# Grazebrook Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

## Option 1

## Option 2

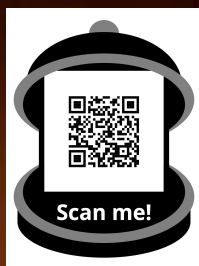
## Dessert

| Climate Friendly Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| Italian Meatballs in a Sweet Tomato Sauce served with Wholemeal Pasta, Broccoli and Rosemary Focaccia Bread (Ve) | Sausage & Creamy Mash served Onion Gravy and Garden Peas   | Cauliflower & Chickpea Chinese Curry served with White Rice, Green Beans and a Spring Roll (Ve) | Roast Lentil Wellington served with Stuffing, Roast Potatoes, Roasted Seasonal Vegetables and Gravy (Ve)                              | Omega 3 Fish Fingers served with Chips and Baked Beans  |
|  | Moving Mountains Plant Based Sausage & Creamy Mash served Onion Gravy and Garden Peas (Ve)                                     | Chinese Chicken Curry served with White Rice, Green Beans and a Spring Roll                     | Roast Chicken Thigh served with Stuffing, Yorkshire Pudding, Roast Potatoes, Roasted Seasonal Vegetables and Gravy                    | Moving Mountains Plant Based Fish Fingers served with Chips and Baked Beans (Ve)  |
| Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)                      | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Chocolate Marble Cake (V) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)     | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Apple & Blackberry Crumble with Custard or Vegan Cream (V) or (Ve) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Lemon Drizzle Cake (V) |

W/C - 19th January, 9th February, 9th March and 30th March

***Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible***

Available Daily ...  
Jacket Potato with filling (V & VE options)  
Wholemeal bread  
Choice of salads  
Water



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# Grazebrook Primary School Menu – Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

## Option 1

## Option 2

## Dessert

| Planet Friendly Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| Sweet Potato & Chickpea Curry served with Basmati Rice and Garlic Green Beans (Ve)          | Chicken & Pepper Fajitas served with Seasoned Potato Wedges and Charred Sweetcorn   | Lentil & Vegetable Bolognese and Wholemeal Pasta served with Garlic Focaccia Bread and Garden Peas (Ve) | Pepperoni or Margherita Pizza (V) served with Pesto Pasta and Mixed Salad   | Moving Mountain Plant Based Hot Dogs served with Chips and Baked Beans (Ve)  |
|   | Falafel & Pepper Fajitas served with Seasoned Potato Wedges and Charred Sweetcorn (Ve)  | Beef Bolognese and Pasta served with Garlic Focaccia Bread and Garden Peas                              | Meatball Pizza served with Pesto Pasta and Mixed Salad (Ve)   | Hot Dogs served with Chips and Baked Beans<br><br>Mustard, Onions and Jalapeno Chilli available                    |
| Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Chocolate Sponge & Chocolate Custard (V) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)             | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Biscoff Cake (V) | Freshly Cut Fruit (Ve)<br>or<br>Organic Fruit Yoghurt (V)<br>or<br>Plant Based Yoghurt (Ve)<br>or<br>Flapjack (Ve) |

W/C - 26th January, 23rd February and 16th March

*Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible*

Available Daily...  
Jacket Potato with filling (V & VE options)  
Wholemeal bread  
Choice of salads  
Water



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