

# Aveley Primary School Menu - Autumn/Winter 2024 - Week 1

*All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.*

## Option 1

Pepperoni Pizza served  
with  
Pasta Salad & Coleslaw

## Tuesday

All Day Breakfast  
served with Bread & Butter

## Wednesday

Roast Chicken with Yorkshire  
Pudding served with Roast  
Potatoes, Seasonal  
Vegetables & Gravy

## Thursday

Homemade Pork Meatballs  
served with Savoury  
Vegetable Rice &  
Sweetcorn

## Friday

MSC Battered Cod  
served with Oven Chips  
& Garden Peas

## Option 2

Cheese & Tomato Pizza  
served with  
Pasta Salad & Coleslaw

All Day Veggie Breakfast  
served with Bread & Butter

Wholemeal Cheese &  
Roasted Vegetable Quiche  
served with Roast Potatoes  
and Seasonal Vegetables

Vegetable & Bean Jollof  
Rice served with  
Sweetcorn

Homemade Chickpea  
Falafel served with Oven  
Chips & Garden Peas

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Homemade White  
Chocolate Cookie

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Iced Vanilla Sponge

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Ice Cream

Week commencing - 14th October, 18th November, 9th December, 13th January, 3rd February, 3rd March, 24th March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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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# Aveley Primary School Menu – Autumn/Winter 2024 – Week 2

*All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.*

## Option 1

Salmon & Sweet Potato  
Puff Served with  
Homemade Garlic Bread  
Mixed Salad

Chicken Wrap served with  
Wholemeal Rice & Roasted  
Summer Vegetables

Barbecue Chicken served  
with Roasted Vegetable  
Couscous & Sliced Carrots

Ashlyns Hamburger in a  
Bun served with Seasoned  
Potato Wedges & Baked  
Beans

MSC Fish Fingers served  
with Oven Chips &  
Garden peas

## Option 2

Macaroni Cheese served  
with Homemade Herby  
Garlic Bread & Mixed  
Salad

Vegetable & Lentil Loaf  
served with Roasted  
Summer Vegetables

Barbecue Boston Beans  
served with Roasted  
Vegetable Couscous &  
Sliced Carrots

Meat Free Burger in a Bun  
served with Seasoned  
Potato Wedges & Baked  
Beans

Cheddar Cheese &  
Potato Whirl served with  
Oven Chips & Garden  
Peas

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Chocolate Orange Cookie

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Fruit Jelly

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Iced Fairy Cakes

Week commencing - 4th November, 25th November, 16th December, 20th January, 10th February, 10th March, 31st March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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



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# Aveley Primary School Menu – Autumn/Winter 2024 – Week 3

*All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.*

## Option 1

Chinese Chicken served  
with Wholemeal Rice &  
Broccoli

Beef Bolognese Pasta  
Bake served with  
Homemade Garlic Bread &  
Sliced Carrots

Homemade Sausage Roll  
served with Herby Diced  
Potatoes & Baked Beans

Savoury Minced Beef in a  
Yorkshire Pudding served  
with Mashed Potato & Fresh  
Vegetable Medley

MSC Fish Fingers served  
with Oven Chips & Garden  
Peas

## Option 2

Vegetable & Haricot  
Bean Stir Fry served with  
Wholemeal Rice

Tomato & Red Lentil Pasta  
Bake served with  
Homemade Garlic Bread &  
Sliced Carrots

Homemade Sausage Roll  
served with Herby Diced  
Potatoes & Baked Beans

Savoury Minced Quorn in a  
Yorkshire Pudding served  
with Mashed Potato & Fresh  
Vegetable Medley

Cheddar Cheese &  
Vegetable Stack Wrap  
served with Oven Chips &  
Garden Peas

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Oat Cookie

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Sliced Peaches & Cream

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Chocolate Cake

Week commencing - 11th November, 2nd December, 6th January, 27th January, 24th February, 17th March,

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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



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