

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pepperoni Pizza served with Pasta Salad & Coleslaw	All Day Breakfast served with Bread & Butter	Roast Chicken with Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy	Homemade Pork Meatballs served with Savoury Vegetable Rice & Sweetcorn	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
High Laver Hall, Ongar, Essex, CM5 0DU
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
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.

	Monday	Tuesday	Wednesday	Thursday	Friday
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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