

# Aveley Primary School Menu - Spring/Summer 2026 - Week 1

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Tuna & Tomato Pasta Bake served with Mixed Salad & Garlic Bread	All Day Breakfast Pork Sausage, Hash Brown, Scrambled Egg, Baked Beans & Bread & Butter Fingers	Barbecue Chicken served with Wholemeal Penne Pasta & Broccoli	Mild Beef & Cheese Tortilla Slice served with Mexican Sweetcorn Salsa	MSC Fish Fingers served with Oven Chips & Garden Peas
<b>Option 2</b>	Macaroni Cheese served with Mixed Salad & Garlic Bread (V)	Veggie all Day Breakfast Vegan Sausage, Hash Brown, Scrambled Egg, Tomato, Baked Beans & Bread & Butter Fingers (V)	Barbecue Quorn Fillet served with Wholemeal Penne Pasta & Broccoli (Ve)	Cheese & Vegetable Stack Wrap served with Mexican Sweetcorn Salsa (V)	Sinapore Vegetable Noodles (Ve)
<b>Dessert</b>	Organic Fruit Yoghurt or White Chocolate Chip Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Reduced Sugar Lemon Drizzle Cake

Week commencing - 13th April, 4th May, 8th June, 29th June, 20th July, 14th September, 5th October

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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Aveley Primary School Menu - Spring/Summer 2026 - Week 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Chicken Nuggets served with Seasoned Potato Wedges & Spaghetti Hoops	Italian Beef Bolognese served with Wholemeal Pasta & Sweetcorn	Roast Chicken with Yorkshire Pudding served with Roast Potatoes, Fresh Broccoli, Sliced Carrots & Gravy	Beef Pepperoni Pizza served with Pasta Salad	MSC Battered Cod served with Oven Chips & Garden Peas
<b>Option 2</b>	Plant Based Nuggets served with Seasoned Potato Wedges & Spaghetti Hoops (V)	Vegetable & Lentil Bolognese served with Wholemeal Pasta & Sweetcorn (Ve)	Roasted Vegetable & Lentil Strudel served with Roast Potatoes, Fresh Broccoli, Sliced Carrots & Gravy (Ve)	Three Cheese Pizza served with Pasta Salad (V)	Cheese & Potato Whirls served with Oven Chips & Garden Peas (Ve)
<b>Dessert</b>	Organic Fruit Yoghurt or Reduced Sugar Vanilla Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Reduced Sugar Chocolate Brownie

Week commencing - 20th April, 11th May, 15th June, 6th July 1st September, 21st September, 12th October

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

This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.



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

**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)

# Aveley Primary School Menu - Spring/Summer 2026 - Week 3

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Cheese & Ham Pizza served with Rainbow Coleslaw & Cucumber Sticks	Barbecue Chicken Mac 'n' Cheese served with Sweetcorn & Red Pepper Medley	Homemade Pork Meatballs in a Sweet Tomato Sauce served with Wholemeal Pasta & Carrots	Ashlyns Beef Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden Peas
<b>Option 2</b>	Cheese & Tomato Pizza served with Rainbow Coleslaw & Cucumber Sticks (V)	Cheese & Spinach Wrap served with Sweetcorn & Red Pepper Medley (V)	Chickpea, Pepper & Tomato Pasta Bake served with Carrots (V)	Meat Free Burger in a Bun served with Seasoned Potato Wedges & Baked Beans (V)	Caramelised Onion Quiche served with Oven Chips & Garden Peas (V)
<b>Dessert</b>	Organic Fruit Yoghurt or Cherry Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Chocolate Krispie Cake	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Ice Cream

Week commencing - 27th April, 18th May, 22nd June, 13th July, 7th September, 28th September,

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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

