

Lauriston Primary School Summer Menu 2021 - Week 1

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Mozzarella, Basil & Tomato Pizza served with a Deli Bar including Potato and Rainbow Coleslaw Salad	Chicken Jalfrezi served with Turmeric Rice, Roasted Cauliflower & Peas	Roast Turkey Breast served with Stuffing, Roast Potatoes, Carrots, Cabbage and Gravy	Salmon and Tomato Wholemeal Pasta Bake served with a Mixed Summer Salad	Ashlyns Beef Burger in a Bun served with Oven Chips and Baked Beans
Fiesta Pizza served with a Deli Bar including Potato and Rainbow Coleslaw Salad	Chickpea & Vegetable Curry served with Turmeric Rice, Roasted Cauliflower and Peas	Roast Vegetable & Lentil Strudel served with Roast Potatoes, Carrots, Cabbage and Gravy	Creamy Macaroni Cheese served with Homemade Garlic Bread and Mixed Summer Salad	Meat Free Burger in a Bun served with Oven Chips and Baked Beans
Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or R/S Jam Sponge & Custard	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or R/S Fruit Flapjack	Freshly Cut Fruit or Fruit Yoghurt or Frozen Yoghurt Selection

Week commencing - 19th April, 10th May, 7th June, 28th June, 19th September, 30th August, 20th September and 11th October

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

Available Daily..
Jacket Potato with Cheese or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
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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Lauriston Primary School Summer Menu 2021 - Week 2

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Wholemeal Penne Pasta with a Tomato, Vegetable, Lentil & Basil Sauce served with Homemade Garlic Bread & sweetcorn	Ashlyns Chicken Sausage & Caramelised Onion served with Crushed Herby New Potatoes and Baked Beans	BBQ Chicken Thighs served with Basmati Rice, Carrots and Broccoli	Beef Bolognese & Linguini Pasta served with a Mixed Salad	MSC Battered Fish served with Oven Chips, Peas, Lemon Wedge and Tartare Sauce
Option 2	Mushroom, Spinach, Cannellini Bean and Brown Rice Stuffed Peppers served with Sweetcorn	Meat Free Sausage & Caramelised Onion served with Crushed Herby New Potatoes and Baked Beans	Smokey Bean & Vegetable Casserole served with Basmati Rice, Carrots and Broccoli	Roasted Vegetable, Lentil Bolognese and Linguini Pasta served with a Mixed Salad	Cheese Omelette served with Oven Chips and Peas
Dessert	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Rice Pudding and Fruit Compote	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Iced Chocolate Sponge	Freshly Cut Fruit or Fruit Yoghurt or R/S Mixed Fruit Cookies

Week commencing - 26th April, 17th May, 14th June, 5th July, 6th September, 27th September and 18th October

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Available Daily..
Jacket Potato with Cheese or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
Water



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Lauriston Primary School Summer Menu 2021 - Week 3

Option 1

Jacket Potato with a Variety of Fillings served with a Mixed Leaf Salad

Option 2

Italian Style Quorn Pieces in a Rich Tomato & Basil Sauce with Wholemeal Pasta and Mixed Leaf Salad

Dessert

Freshly Cut Fruit
or
Fruit Yoghurt

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with a Variety of Fillings served with a Mixed Leaf Salad	Minced Beef Pie served with New Potatoes, a Vegetable Medley and Gravy	Seasoned Chicken Thigh Jollof Rice served with Carrots and Peas	Chicken Arrabbiata served with Penne Pasta, Broccoli and Sweetcorn	Omega 3 Fish Fingers served with Oven Chips, Baked Beans and a Lemon Wedge
Italian Style Quorn Pieces in a Rich Tomato & Basil Sauce with Wholemeal Pasta and Mixed Leaf Salad	Cheese & Tomato Wholemeal Quiche served with a Vegetable Medley	Vegetable & Kidney Bean Jollof Rice served with Carrots and Peas	Summer Vegetable, Lentil, Basil and Tomato Sauce served with Penne Pasta, Broccoli and Sweetcorn	Roasted Vegetable & Bean Wrap served with Oven Chips and Baked Beans
Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or R/S Pineapple Shortbread	Freshly Cut Fruit or Fruit Yoghurt	Freshly Cut Fruit or Fruit Yoghurt or R/S Lemon Drizzle Cake	Freshly Cut Fruit or Fruit Yoghurt or Soft Scoop Ice Cream

Week commencing - 3rd May, 24th May, 21st June, 12th July, 13th September and 4th October

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Available Daily..
Jacket Potato with Cheese or Tuna Mayo and a Selection of Salads.
Wholemeal Bread
Water



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