

Shoreditch Park Primary School – Week 1

Vegetarian = (V) Vegan = (Ve)

| | Planet Friendly Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|---|--|--|
| Option 1 | Cheese and Tomato Pizza served with Herby Diced Potatoes and Rainbow Coleslaw (V) | Cous Cous and Chickpea Stuffed Bell Pepper served with Green Beans (Ve) | Jerk Chicken served with Rice & Peas and a Carrot & Broccoli Medley | Vegetarian Sausage served with Creamy Mashed Potatoes, Caramelised Onions, Peas and Gravy (V) | MSC Fish Fingers with served with Potato Wedges and a Sweetcorn & Carrot Medley |
| Option 2 | Cheese and Tomato Pizza topped with Bell Peppers, Olives, Red Onion and Baby Spinach served with Herby Diced Potatoes and Rainbow Coleslaw (V) | Beef Bolognese with Wholemeal Spaghetti served with Green Beans | Jerk Roasted Vegetables and Chick Peas served with Rice and a Carrot & Broccoli Medley (Ve) | Ashlyns Chicken Sausage served with Creamy Mashed Potatoes, Caramelised Onions, Peas and Gravy | Vegetable Fingers served with Potato Wedges and a Sweetcorn & Carrot Medley (Ve) |
| Dessert | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Cake and Custard | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream |

W/C - 15th April, 29th April, 13th May, 3rd June, 17th June 1st July, 15th July, 2nd Sept, 16th Sept, 30th Sept, 14th Oct

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

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

Shoreditch Park Primary School - Week 2

Vegetarian = (V) Vegan = (Ve)

| | Low Carbon Monday | Taco Tuesday | Wednesday | Thursday | Friday |
|----------|---|---|---|--|---|
| Option 1 | Macaroni Cheese served with Herby Bread and a Sweetcorn & Carrot Medley (V) | Roasted Butternut Squash & Black Bean Taco served with Corn on the Cob and a Cheesy Nacho, Guacamole & Tomato Salsa (V) | Mild Chicken Curry served with Rice and a Broccoli & Carrot Medley | Vegetarian Burger in a Bun served with Diced Potatoes and Rainbow Coleslaw (V) | Caribbean Fish or Omega 3 Fish Fingers served with Potato Wedges and a Sweetcorn & Carrot Medley |
| Option 2 | Vegetable & Bean Fajitas served with a Sweetcorn & Carrot Medley (V) | Beef Taco served with Corn on the Cob and a Cheesy Nacho, Guacamole & Tomato Salsa | Chick Pea & Sweet Potato Curry served with Rice and a Broccoli & Carrot Medley (Ve) | Beef Burger in a Bun served with Diced Potatoes and Rainbow Coleslaw | Cheese & Cherry Tomato Wholemeal Flan served with Potato Wedges and a Sweetcorn & Carrot Medley (V) |
| Dessert | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Chocolate Rice Krispies | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Organic Fruit Yoghurt | Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream |

W/C - 22nd April, 6th May, 20th May, 10th June, 24th June, 8th July, 22nd July, 9th Sept, 23rd Sept, 7th Oct, 21st Oct

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

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

