

# Shoreditch Park Primary School – Week 1

**Option 1**

**Option 2**

**Dessert**

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza served with Herby Diced Potatoes and Rainbow Coleslaw	Beef Bolognese with Wholemeal Spaghetti served with Green Beans	Jerk Chicken served with Rice & Peas and a Carrot & Broccoli Medley	Ashlyns Chicken Sausage served with Creamy Mashed Potatoes, Caramelised Onions, Peas and Gravy	MSC Fish Fingers with served with Potato Wedges and a Sweetcorn & Carrot Medley
Cheese and Tomato Pizza topped with Bell Peppers, Olives, Red Onion and Baby Spinach served with Herby Diced Potatoes and Rainbow Coleslaw	Cous Cous and Chickpea Stuffed Bell Pepper served with Green Beans	Jerk Roasted Vegetables and Chick Peas served with Rice and a Carrot & Broccoli Medley	Meat Free Sausage served with Creamy Mashed Potatoes, Caramelised Onions, Peas and Gravy	Vegetable Fingers served with Potato Wedges and a Sweetcorn & Carrot Medley
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 - 30th Oct, 13 Nov, 27th Nov, 11th Dec, 8th Jan, 22nd Jan, 5th Feb, 26th Feb, 11th March and 25th March

*Our fish is Marine Stewardship Council approved.*

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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# Shoreditch Park Primary School - Week 2

## Option 1

Macaroni Cheese served with Herby Bread and a Sweetcorn & Carrot Medley

## Option 2

Vegetable & Bean Fajitas served with a Sweetcorn & Carrot Medley

## Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Herby Bread and a Sweetcorn & Carrot Medley	Mild Chicken Curry served with Rice and a Broccoli & Carrot Medley	Roast Beef & Yorkshire Pudding served with Roast Potatoes, Honey Roasted Carrots & Parsnips and Gravy	Beef Burger in a Bun served with Diced Potatoes and Rainbow Coleslaw	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	Chick Pea & Sweet Potato Curry served with Rice and a Broccoli & Carrot Medley	Cheese Pastry Whirl & Yorkshire Pudding served with a few Roast Potatoes, Honey Roasted Carrots & Parsnips and Gravy	Vegetarian 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
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 - 6th Nov, 20th Nov, 4th Dec, 18th Dec, 15th Jan, 29th Jan, 19th Feb, 4th March and 18th March

*Our fish is Marine Stewardship Council approved.*

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



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