

# Castledon School – Winter 2022 – Week 1

## Option 1

## Option 2

## Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mild Chicken Fajita served with Wholemeal Rice & Mixed Salad	Beef Bolognese served with Penne Pasta, Sweetcorn & Garlic Bread	Homemade Chicken & Vegetable Pie served with Mashed Potatoes, Carrots & Gravy	Ashlyns Beef Burger in a Bun served with Herby Potato Wedges & Baked Beans	MSC Cod Fish Fingers served with Oven Chips & Garden Peas
Option 2	Mild Vegetable & Mixed Bean Burrito served with Wholemeal Rice & Mixed Salad	Vegetable & Lentil Bolognese served with Penne Pasta, Sweetcorn & Garlic Bread	Homemade Quorn & Vegetable Pie served with Mashed Potatoes, Carrots & Gravy	Meat Free Burger in a Bun served with Herby Potato Wedges & Baked Beans	Sweet Potato & Red Lentil Risotto served with Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt Or Banana & Chocolate Chip Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly

Week commencing - 31st October, 21st November, 12th December, 9th January, 30th January, 27th February, 20th March,

**All of our meat is Farm Assured and is locally sourced. 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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# Castledon School – Winter 2022 – Week 2

## Option 1

Ashlyns Pork Sausage  
Toad in the Hole, served  
with New Potatoes,  
Cabbage & Gravy

Pepperoni Pizza served  
with Pasta Salad & Mixed  
Salad

Roast Chicken With Sage &  
Onion Stuffing served with  
Roast Potatoes, Seasonal  
Vegetables & Gravy

Mild Beef Chilli Con Carne  
served with Wholemeal  
Rice & Sweetcorn

MSC Battered Cod  
served with Oven Chips &  
Baked Beans

## Option 2

Salmon & Potato Whirl  
served with New Potatoes,  
& Cabbage

Cheese & Tomato Pizza  
served with Pasta Salad &  
Mixed Salad

Chickpea & Cous Cous  
Stuffed Red Pepper served  
with Roast Potatoes,  
Seasonal Vegetables

Vegetable & Lentil Chilli  
Con Carne served with  
Wholemeal Rice &  
Sweetcorn

Spinach & Ricotta  
Cheese Omelette served  
with Oven Chips & Baked  
Beans

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Vanilla Shortbread

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
R/S Iced Orange & Lemon  
Sponge

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Chocolate Krispies

Week commencing - 7th November, 28th November, 19th December, 16th January, 6th February, 6th March, 27th March

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



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# Castledon School – Winter 2022 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	All Day Breakfast served with Hash Browns & Baked Beans	Cheesy Chicken & Bacon Pasta Bake served with Mixed Salad	Savoury Minced Beef in a Yorkshire Pudding served with Mashed Potatoes, Seasonal Vegetables & Gravy	Mild Caribbean Jerk Chicken served with Rainbow Coleslaw & Wholemeal Rice & Peas	MSC Fish Fingers served with Oven Chips & Garden Peas
<b>Option 2</b>	Vegetarian All Day Breakfast served with Hash Browns & Baked Beans	Macaroni Cheese served with Mixed Salad	Savoury Minced Quorn in a Yorkshire pudding served with Mashed Potatoes, Seasonal Vegetables & Gravy	Caribbean Jerk Chickpea & Vegetable Casserole served with Rainbow Coleslaw, Wholemeal Rice & Peas	Cauliflower & Broccoli Cheese Bake served with Oven Chips & Garden Peas
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt or Homemade Chocolate Chip Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Oaty Apple Crumble served with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt Or Jam & Coconut Sponge served with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 14th November, 5th December, 2nd January, 23rd January, 20th February, 13th March

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



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