

Woodberry Down Primary School Autumn Menu 2021 – Week 1

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Beef Pepperoni
Mozzarella and Basil
Pizza with New Potatoes
and Sweetcorn

Homemade Barbecue
Chicken Thighs with
Basmati Rice and Coleslaw

Beef Lasagne with
Homemade Garlic Bread
and Broccoli

Chicken Sausage with New
Potatoes, Breaded Onion
Rings and Peas

Battered Cod Fillet with
Oven Chips, Baked Beans
and Tartare Sauce

Option 2

Tomato and Mozzarella
Pizza with New Potatoes
and Sweetcorn

Wholemeal Spaghetti
Puttanesca with Butter
Bean Salad

Leek and Mushroom
Macaroni Cheese with
Homemade Garlic Bread
and Broccoli

Vegetable Sausage with
New Potatoes, Breaded
Onion Rings and Peas

Aubergine and Lentil Katsu
Curry with Fragrant Rice
and Stir Fry Vegetables

(VA)

(V)

(VA)

(V)

Dessert

Freshly Cut Fruit (V)
or
Fruit Yoghurt

Freshly Cut Fruit (V)
or
Fruit Yoghurt
or
Farmhouse Fruit Cake with
Whipped Cream

Freshly Cut Fruit (V)
or
Fruit Yoghurt

Freshly Cut Fruit (V)
or
Fruit Yoghurt
or
Exotic Fruit Tart (VA)

Freshly Cut Fruit (V)
or
Fruit Yoghurt
or
Frozen Yoghurt Selection
(VA)

Week commencing - 20/9 and 11/10

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

Available Daily..
Jacket Potato with Cheese
(VA) 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
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

Woodberry Down Primary School Autumn Menu 2021 – Week 2

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Penne Pasta with Chicken and Roasted Pepper and Tomato Ragu

Beef Chilli and Homemade Nachos with Basmati Rice and Sweetcorn

Beef Cobbler and Herb Scone with Roasted Summer Vegetables

Breaded Chicken with Rice and Peas served with a Sweetcorn Salsa

Omega 3 Fish Fingers with Oven Chips and Peas

Option 2

Penne Pasta Roasted Pepper, Lentil and Tomato Ragu (V)

Mature Cheddar Tart with Mixed Salad and Homemade Bread

Leek, Potato and Cheddar Wholemeal Pasty with Seasonal Vegetables (VA)

Mixed Bean Patties with Rice and Peas served with a Sweetcorn Salsa (V)

Tempura Vegetables with Noodles, Haricot Beans and Soy Sauce

Dessert

Freshly Cut Fruit (V) or Fruit Yoghurt

Exotic Fruit Salad (VA) or Organic Fruit Yoghurt

Freshly Cut Fruit (V) or Fruit Yoghurt

Freshly Cut Fruit (V) or Organic Fruit Yoghurt or Chocolate Tiramisu

Freshly Cut Fruit (V) or Fruit Yoghurt or Frozen Yoghurt Selection (VA)

Week commencing - 6/9, 27/9 and 18/10

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

Available Daily..
Jacket Potato with Cheese (VA) 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
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

Woodberry Down Primary School Autumn Menu 2021 - Week 3

(V) = Vegan

(VA) = Vegan Alternative Available

Option 1

Beef Bolognese with Linguini Pasta and Broccoli

Tuesday

Peri Peri Chicken Drumstick with Patatas Bravas

Wednesday

Chicken Kebab with Orzo Rice, Rainbow Salad and Garlic Sauce

Thursday

Ashlyns Beef Burger in a Bun with Potato Wedges and Green Beans

Friday

Battered Cod Fillet with Oven Chips, Peas and Tartare Sauce

Option 2

Arancini Vegetable and Mozzarella Balls with a Butter Bean and Lemon Salad (VA)

Peri Peri Vegetables and Butter Bean Wholemeal Wrap with Patatas Bravas (V)

Puy Lentil and Vegetable Biryani with a Mixed Salad (V)

Breaded Vegetable Burger in a Bun with Potato Wedges and Green Beans

Homemade Flatbread topped with Roasted Vegetables, Tomato and Cheddar with a Mixed Salad (VA)

Dessert

Freshly Cut Fruit (V) or Fruit Yoghurt

Freshly Cut Fruit (V) or Fruit Yoghurt or Chocolate Chip Shortbread Biscuit (V)

Freshly Cut Fruit (V) or Fruit Yoghurt

Freshly Cut Fruit (V) or Fruit Yoghurt or Fruit Flapjack (V)

Freshly Cut Fruit (V) or Fruit Yoghurt or Frozen Yoghurt Selection (VA)

Week commencing - 13/9, 4/10

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

Available Daily.. Jacket Potato with Cheese (VA) 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
Tel: 01277 890411/821 Fax: 0871 431 0608
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

