

Woodberry Down Community School Autumn/Winter Menu 2026 – Week 1

Weeks Commencing: 1st October, 2nd November, 23rd November & 14th December

WK 1	Monday PLANT BASED CARIBBEAN KITCHEN	Tuesday CURRY HOUSE	Wednesday PASTA DAY	Thursday ROAST & PUDDING	Friday PIZZA FRIDAY
Option 1	Caribbean Pasta (Ve) With mushrooms and chickpeas Served with a rainbow mango slaw & foccacia bread	Sweet Potato & Lentil Curry (Ve) Served with rice, wholemeal chapati bread & garlic green beans	Puttanesca Pasta with Flaked Salmon or Tuna 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli	Stuffed Mixed Peppers with Mixed Beans & Hereby Rice Filling (Ve) Served with roast potatoes, carrots, peas & gravy	Pepperoni Pizza Served with roasted sweetcorn & rainbow slaw
Option 2		Mild Chicken Curry Served with rice, wholemeal chapati bread & garlic green beans	Tomato, Olive & Butter Bean Puttanesca (Ve) 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli	Roast Beef with Yorkshire Pudding Served with roast potatoes, carrots, garden peas & gravy	Margherita Pizza (V) & (Ve) Served with roasted sweetcorn & rainbow slaw
Salad	Artichoke, Pomegranate, Rocket and Sweetcorn Salad (Ve)	Mango, Cos Lettuce and Sunflower Seed Salad (Ve)	Tomato, Cucumber and Basil Salad (Ve)	Leafy Salad and Coleslaw (Ve)	Beetroot, Carrot and Apple Slaw (Ve)
Pudding	Rainbow Fruit Pots with Yoghurt Dip (Ve) or fresh fruit (Ve)	Fresh Cut Pineapple & Cantaloupe Melon Wedges (Ve) with yoghurt (V) or plant based yoghurt (Ve)	Greek Yoghurt, Blueberry & Oat Crunch Pot (V) & (Ve) or fresh fruit (Ve)	PUDDING OF THE WEEK Lemon & Blueberry Sponge with Custard (V) or fresh cut fruit (Ve)	Cocoa Powder Topped Banana (Ve) with custard (V) or oat custard (Ve) or fresh cut fruit (Ve)



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Available Daily ... Plant Based Monday Jacket Potato & Filling (Ve)
 Tuesday to Friday Jacket Potato & filling (V, Ve)
 Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(V) = Vegetarian
 (Ve) = Vegan

ASHLYNS, High Laver Hall, Ongar, Essex, CM5 0DU. Tel: 01277 890411/821 www.ashlyns.co.uk



Woodberry Down Community School Autumn/Winter Menu 2026 – Week 2

Weeks Commencing: 12th October, 9th November & 30th November

WK 2	Monday PLANT BASED MONDAY	Tuesday CARIBBEAN KITCHEN	Wednesday PASTA DAY	Thursday ROAST & PUDDING	Friday BUILD A WRAP
Option 1	Moroccan Chickpea Tagine with Couscous (Ve) Mildly spiced with apricots. Served with roasted carrots & courgettes	Mild Jerk Chicken with Rice & Peas Served with baked plantain, roasted sweetcorn & rainbow slaw	Roasted Vegetable & Lentil Lasagne (V) Made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread	Harvest Roast Chicken Served with roast potatoes, carrots, garden peas & gravy	Build a Wrap .. A selection of fillings including BBQ Pulled Chicken Falafel Balls Cajun Fish Served with a side of fries and coleslaw
Option 2		Caribbean Veggie Bean Patty (Ve) Served with rice & peas, baked plantain, sweetcorn & rainbow slaw	Beef Lasagne Made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread	Lentil & Root Vegetable Roast (Ve) Served with carrots, garden peas & gravy	
Salad	Three-Bean & Sweetcorn Salad (Ve)	Cucumber, Mint & Yoghurt Raita Salad (V)	Tomato, Cucumber & Basil Salad (Ve)	Leafy Salad and Coleslaw (Ve)	Sweetcorn, Pepper & Pea Salad (Ve)
Pudding	Apple & Cinnamon Yoghurt Pots (V) & (Ve) or plant based yoghurt (Ve) or fresh fruit (Ve)	Tropical Fruit Salad with Yoghurt (V) or plant based yoghurt (Ve) or fresh fruit (Ve)	Mild Cheddar Cheese, Crackers & Fresh Grapes (V) & (Ve) or fresh fruit (Ve)	PUDDING OF THE WEEK Beetroot Brownie with Cocoa Sauce & Orange (Ve) or fresh cut fruit (Ve)	Pear & Blackberry Oat Traybake with Sliced Apples (Ve) or fresh cut fruit (Ve)



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Woodberry Down Community School Autumn/Winter Menu 2026 – Week 3

Weeks Commencing: 19th October, 16th November & 7th December

WK 3	Monday MAC & CHEESE MONDAY	Tuesday WEST AFRICAN PULSE DAY	Wednesday PASTA DAY	Thursday COMFORT & PUDDING	Friday KEBAB FRIDAY
Option 1	Toasted Chickpea Topped Creamy Macaroni Cheese (V) or Plant Based Macaroni (Ve)	Jollof Rice with Spiced Chicken With red beans stirred through and served with steamed greens & sweetcorn	Lentil & Vegetable Bolognaise (Ve) Served with 50/50 wholewheat spaghetti & roasted broccoli	Vegetable & Butter Bean Gratin Served with buttery mash, savoy cabbage & carrots (Ve)	Chicken Kebab in a Warm Pitta Wholemeal pitta with crunchy salad, yoghurt dressing & potato wedges
Option 2	Made with 50/50 wholewheat macaroni and served with garlic roasted broccoli & sweetcorn	Veggie Jollof Rice with Red Beans (Ve) Served with baked plantain, steamed greens & sweetcorn	Spaghetti Bolognaise Beef and lentil ragu served with 50/50 wholewheat spaghetti & roasted broccoli	Creamy Chicken & Sweetcorn with Mash buttery mash, savoy cabbage & carrots	Baked Falafel Kebab in a Warm Pitta (Ve) Wholemeal pitta with crunchy salad, houmous & potato wedges
Salad	Leafy Salad and Coleslaw (Ve)	Three-Bean & Sweetcorn Salad (Ve)	Tomato, Cucumber & Basil Salad (Ve)	Beetroot, Carrot & Apple Slaw (Ve)	Crunchy Pepper & Cucumber Salsa Salad (Ve)
Pudding	Melon & Pineapple Cups (V) with yoghurt (V) or plant based yoghurt (Ve) or fresh fruit (Ve)	Tropical Fruit Salad (Ve) with yoghurt (V) or plant based yoghurt (Ve)	Creamy Rice Pudding with Mango Puree (V) or fresh fruit (Ve)	PUDDING OF THE WEEK Apple & Blackberry Crumble (Ve) with custard (V) or oat custard (Ve) or fresh cut fruit (Ve)	Pear & Yoghurt Pot with Toasted Oats (V) & (Ve) or fresh cut fruit (Ve)



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