## Barnes Farm Infant & Junior School - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Meat Feast Pizza served with Rice Salad & Coleslaw	Italian Style Beef Meatballs in a rich Tomato & Basil Sauce with Fusilli Pasta & Sweetcorn	Roast Chicken Thigh & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Homemade Puff Pastry Sausage Roll served with Mashed Potatoes and Baked Beans	MSC Battered Cod Fillet served with Oven Chips and Garden Peas
Cheese & Tomato Pizza served with Rice Salad & Coleslaw	Italian Style Quorn Pieces in a rich Tomato & Basil Sauce with Fusilli Pasta & Sweetcorn	Roast Quorn Fillet served with Roast Potatoes and Seasonal Vegetables	Homemade Meat Free Sausage Roll served with Mashed Potatoes and Baked Beans	Baked Spanish Omelette served with Oven Chips & Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Drizzle Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt or Rice Krispie Cakes	Freshly Cut Fruit or Organic Fruit Yoghurt or Butter Cream Cake

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

**Option 1** 

Option 2

Dessert

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



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

Or visit <a href="http://j.mp/2XFfMU8">http://j.mp/2XFfMU8</a>

**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

## Barnes Farm Infant & Junior School - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken in a Chorizo Sauce served with Brown Rice & Salad	Beef Lasagne served with a Herby Bread Slice & Mixed Green Salad	Roast Gammon served with New Potatoes and Sliced Carrots	All Day Breakfast	MSC Battered Cod Fillet served with Oven Chips and Minted Peas
Chickpea Falafel Wrap served with Brown Rice & Salad	Macaroni Cheese served with a Herby Bread Slice & Mixed Green Salad	Roasted Vegetable & Lentil Strudel served with New Potatoes and Sliced Carrots	All Day Meat Free Breakfast	Cheese & Potato Pasty served with Oven Chips and Minted Peas
Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Chocolate Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Cake	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly

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

**Option 1** 

Option 2

Dessert

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Or visit <a href="http://j.mp/2SLMak7">http://j.mp/2SLMak7</a>

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## Barnes Farm Infant & Junior School - Week 3

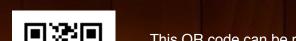
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	Monday	Tuesday	Wednesday	Thursday	Friday
	Sticky Chicken Thigh served with Wholemeal Rice & Peas	Cheese & Bacon Whirl served with New Potatoes & Green Beans	Roast Topside of Beef served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger in a Bun served with Pasta Salad	MSC Cod Fish Fingers served with Oven Chips & Pasta Hoops
	Vegetable & Chickpea Risotto	Cheese & Potato Whirl served with New Potatoes & Green Beans	Covent Garden Quiche served with Roast Potatoes, Seasonal Vegetables & Gravy	Meat Free Burger in a Bun served with Pasta Salad	Cheese & Pepper Wrap Stack served with Oven Chips & Pasta Hoops
	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack	Freshly Cut Fruit or Organic Fruit Yoghurt or Marble Sponge

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

**Option 1** 

Option 2

Dessert



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data. Or visit <a href="http://j.mp/2SOOE1r">http://j.mp/2SOOE1r</a>

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

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