

Barnes Farm Autumn/Winter 2018/19 – Week 1

Option 1

Traditional Beef
Bolognese Pasta Bake
served with a Mixed
Salad

Option 2

Cheese, Tomato & Red
Pepper Pasta Bake
served with a Mixed
Salad

Dessert

Freshly cut fruit
or
Organic fruit yoghurt
or
Flapjack

Tuesday

Southern Style Breaded
Chicken with Braised
Vegetable Rice
(skinless b/less thigh)

Southern Style Breaded
Quorn Strips with Braised
Vegetable Rice

Freshly cut fruit
or
Organic fruit yoghurt
or
Lemon Shortbread

Wednesday

Roast Topside of Beef &
Yorkshire Pudding served with
Roast Potatoes, Cauliflower
Florets, Carrots & Gravy

Lentil & Vegetable Loaf &
Yorkshire Pudding served with
Roast Potatoes, Cauliflower
Florets, Carrots & Gravy

Freshly cut fruit
or
Organic fruit yoghurt
or
Chocolate Crispy Cake

Thursday

Baked Ashlyns Sausage
Creamy Mashed
Potatoes & Baked
Beans

Baked Quorn Sausage
Creamy Mashed
Potatoes & Baked
Beans

Freshly cut fruit
or
Organic fruit yoghurt
or
Frozen Yoghurt

Friday

Battered Fillet of Cod
served with Oven Chips &
Garden Peas

Courgette & Tomato
Wholemeal Quiche with
Oven Chips & Garden Peas

Freshly cut fruit
or
Organic fruit yoghurt
or
Jam Sponge with Custard

Week commencing - 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th Feb, 18th Mar

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.
Or visit <http://j.mp/2EeCbCa>

ASHLYNS

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Barnes Farm Autumn/Winter 2018/19 – Week 2

Option 1

Beef Bolognese
Wholemeal Pasta Bake
with 'Home Made' Garlic
Bread & Peas

Pepperoni Pizza served
with Coleslaw & mixed
bean salad

Roast Chicken Thigh & Stuffing
served with Roast Potatoes,
Shredded Cabbage, Carrots &
Gravy

Mild Chicken Curry with
Turmeric Rice & Broccoli
Florets

Ashlyns Cheese Burger in
a Bun served with Oven
Chips & Baked Beans

Option 2

Creamy Macaroni Cheese
served with 'Home Made'
Garlic Bread & Peas

Margarita Pizza served
with Coleslaw & mixed
bean salad

Roasted Vegetable & Lentil
Wellington served with Roast
Potatoes, Shredded Cabbage,
Carrots & Gravy

Sweet Potato, Spinach
Lentil & Dhal with Turmeric
Rice & Broccoli Florets

Meat Free Burger in a Bun
served with Oven Chips &
Baked Beans

Dessert

Freshly cut fruit
or
Organic fruit yoghurt
or
Frozen Yoghurt

Freshly cut fruit
or
Organic fruit yoghurt
or
Chocolate Brownie

Freshly cut fruit
or
Organic fruit yoghurt
or
Fruit Jelly

Freshly cut fruit
or
Organic fruit yoghurt
or
Iced Dutch Apple &
Cinnamon Cake

Freshly cut fruit
or
Organic fruit yoghurt
or
Oat & Ginger Cookies

Week commencing - 5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar

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



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Barnes Farm Autumn/Winter 2018/19 – Week 3

Option 1

Sweet & Sour Chicken
served with Egg Rice &
Sweetcorn

Pork Sausage 'Toad in the
Hole' with Mashed
Potatoes & Carrots

Slow Roasted Gammon served
with Gravy, Roast Potatoes,
Shredded Cabbage & Carrots

Homemade Beef Meatballs
in a Sweet Tomato Sauce
with Pasta & Mixed Salad

MSC Breaded Omega 3
Fish Fingers served with
Oven Chips and Peas

Option 2

Quorn, Vegetables &
Mixed Peppers in Yellow
Bean Sauce served with
Egg Rice & Sweetcorn

Quorn Sausage 'Toad in
the Hole' with Mashed
Potatoes & Carrots

Cheese, Egg, Onion & Potato
Pasty served with Roast
Potatoes, Carrots & Shredded
Cabbage

Sweet Potato & Lentil
Risotto & Mixed Salad

Courgette & Feta Cheese
Frittata served with Oven
Chips & Peas

Dessert

Freshly cut fruit
or
Organic fruit yoghurt
or
Apple Crumble & Custard

Freshly cut fruit
or
Organic fruit yoghurt
or
Shortbread Biscuit

Freshly cut fruit
or
Organic fruit yoghurt
or
Iced Lemon Sponge

Freshly cut fruit
or
Organic fruit yoghurt
or
Chocolate Cookies

Freshly cut fruit
or
Organic fruit yoghurt
or
Fruit Jelly

Week commencing - 12th Nov, 3rd Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

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



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Or visit <http://j.mp/2E8Xyob>

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