

Lauriston Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chilli Sweetcorn & Spring Onion Quesadilla served with a Mexican Bean Salad (V)	Home Made Vegan Sausage Roll served with Herby Diced Potatoes and Baked Beans (Ve)	Zingy Peri Peri Chicken Thigh served with Savoury Vegetable Rice and Mixed Salad	Quorn Bolognese with Wholemeal Penne Pasta served with Steamed Broccoli & Carrots (V)	MSC Battered Cod Fillet served with Chips & Minted Peas
Option 2	Tri-Colour Pepper & Cheese Stack Wrap served with a Tomato and Basil Salad (V)	Home Made Chicken Sausage Roll served with Herby Diced Potatoes and Baked Beans	BBQ Boston Beans served with Savoury Vegetable Rice and Mixed Salad (Ve)	Italian Style Beef Bolognese with Wholemeal Penne Pasta served with Steamed Broccoli & Carrots	Spinach & Chickpea Pancake served with Chips and Minted Peas (V)
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Barbadian Ginger Cake (V)	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Rock Cakes (V)	Freshly Cut Fruit or Frozen Yoghurt (VA)

W/C - 15th April, 6th May, 3rd June, 24th June, 15th July, 2nd September, 23rd September and 14th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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
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

Lauriston Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

Option 1

Sweet Potato and Lentil Korma served with Rice and Toasted Pitta Slices (Ve)

Option 2

Martinique Vegetable and Chick Pea Curry served with Rice and Toasted Pitta Slices (Ve)

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
	Pizza Extravaganza A Variety of Pizza toppings including	BBQ Chicken Thigh served with a Potato & Spring Onion Salad and Garlic Roasted Green Beans	Italian Style Beef Meatballs in a Tangy Tomato Sauce served with Wholemeal Penne Pasta, Peas & Sweetcorn	MSC Cod or Omega 3 Fish Fingers with a Lemon Wedge served with Chips and Baked Beans
	Cheese & Tomato (V) Meat Feast Paprika Chicken Cheese & Pepper (V) Served with a Mixed Salad or Sweetcorn	Cheesy, Red Pepper Quiche served with New Potatoes and Garlic Roasted Green Beans (V)	Quorn Nuggets in a Tangy Tomato Sauce served with Wholemeal Penne Pasta, Peas & Sweetcorn (Ve)	Spanakopita served with Chips and Baked Beans (V)
	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Cookies (Ve)	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Drizzle Cake (V)	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream (V)

W/C - 22nd April, 13th May, 10th June, 1st July, 22nd July, 9th September, 30th September and 21st October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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
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

Lauriston Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve) Vegan Alternative Available = (VA)

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jacket Potato Day</p> <p>Served with a choice of filling which includes</p>	<p>Traditional Macaroni Cheese served with a Broccoli, Carrot and Green Bean Medley (V)</p>	<p>Jerk Chicken Thigh served with Rice & Peas and a Caribbean Slaw</p>	<p>Rainbow Chilli and Kidney Bean Nachos served with a Mexican Sweetcorn Salsa (Ve)</p>	<p>Chicken Sausage in a Hot Dog Roll served with Caramelised Onions, Wedges, Baked Beans and Ketchup</p>
<p>Grated Cheddar Cheese, (V) Baked Beans, (Ve) Spicy Vegetable Dahl, Vegetable & Lentil Bolognese (Ve)</p> <p>Served with a Mixed Salad</p>	<p>Cajun Chicken Pasta Bake served with a Broccoli, Carrot and Green Bean Medley</p>	<p>Mixed Bean Jamaican Pattie served with Rice & Peas and a Caribbean Slaw (Ve)</p>	<p>Chilli Beef Nachos served with a Mexican Sweetcorn Salsa</p>	<p>Vegan Sausage in a Hot Dog Roll served with Caramelised Onions, Wedges, Baked Beans and Ketchup (Ve)</p>
<p>Freshly Cut Fruit or Organic Fruit Yoghurt</p>	<p>Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie (V)</p>	<p>Freshly Cut Fruit or Organic Fruit Yoghurt</p>	<p>Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit (Ve)</p>	<p>Freshly Cut Fruit or Organic Fruit Yoghurt or Mixed Fruit Cookie</p>

Option 1

Option 2

Dessert

W/C - 29th April, 20th May, 19th June, 8th July, 16th September and 7th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

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
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

