

Lauriston Primary School Menu Autumn/Winter 2026/27 – Week 1

Week Commencing: 2nd November, 23rd November, 14th December, 18th January, 8th February & 8th March

WK 1	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spinach, Potato, Chickpea Coconut Curry with Coriander Wholemeal Rice & Spring Roll (Ve)	Cajun Lentil & Tomato Pasta Bake with Herby Bread & a Sweetcorn & Pea Medley (Ve)	Roast Chicken Thigh with Roast Potatoes, Roasted Winter Vegetables & Gravy	Plant Based Cottage Pie with Carrots, Savoy Cabbage & Gravy (Ve)	MSC Battered Fish Fillet with Chips & Peas
Option 2	Thai Red Tofu Curry with Coriander Wholemeal Rice & Spring Roll (VE)	Cajun Chicken Pasta Bake with Herby Bread & a Sweetcorn & Pea Medley	Plant Based Cheese & Potato Whirl with Roasted Potatoes, Roasted Winter Vegetables & Gravy (Ve)	Traditional Cottage Pie with Carrots, Savoy Cabbage & Gravy	Plant Based Fish Fingers with Chips & Peas (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Lemon Drizzle Cake	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Cheese & Crackers	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Vanilla Shortbread Biscuit (Ve)

Available Daily ... Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(Ve) = Vegan
(V) = Vegetarian



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

Lauriston Primary School Menu Autumn/Winter 2026/27 – Week 2

Week Commencing: 9th November, 30th November, 4thn January, 25th January, 22nd February & 15th March

WK 2	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable & Lentil Curry with Fragrant Rice, Teardrop Naan Bread & Roasted Cauliflower Florets (Ve)	Veggie Sausage in a Roll with Seasoned Wedges & Baked Beans (Ve)	Sticky Chicken Drumstick with Golden Vegetable Wholemeal Rice & Roasted Green Beans	BBQ Chickpea Mac 'n' Cheese with Garlic Bread & Agave Glazed Carrots & Peas (Ve)	MSC Fish Fingers or Omega 3 Fishcakes with Chips & a Buttered Sweetcorn & Garden Pea Medley
Option 2	Tomato Pasta Bake with Teardrop Naan Bread & Roasted Cauliflower Florets (Ve)	Ashlyns Sausage in a Roll with Seasoned Wedges & Baked Beans	Smokey Vegetable & Lentil Casserole with Golden Vegetable Wholemeal Rice & Roasted Garlic Green Beans (Ve)	BBQ Chicken Mac 'n' Cheese with Garlic Bread & Honey Glazed Carrots & Peas	Plant Based Fish Fingers with Chips & a Buttered Sweetcorn & Garden Pea Medley (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Cheese & Crackers	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Cherry Cookie	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Chocolate Krispy Bites (Ve)

Available Daily ... Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water



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Lauriston Primary School Menu Autumn/Winter 2026/27 – Week 3

Week Commencing: 16th November, 7th December, 11th January, 1st February, 1st March & 22nd March

WK 3	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Three Cheese Pizza with Seasoned Wedges & Mixed Salad (V)	Chicken Sausage with Creamy Mashed Potatoes & Baked Beans	Spaghetti in a Roasted Vegetable, Lentil & Tomato Sauce with Garlic Bread & Broccoli Florets (Ve)	Chilli Con Carne with Wholemeal Rice, Garlic Green Beans & Sour Cream	Jerk Crunchy Buffalo Wings with Chips & Peas (Ve)
Option 2	Classic Italian Style Cheese & Tomato Pizza with Seasoned Wedges & Mixed Salad (V)	Planet Friendly Sausage with Creamy Mashed Potatoes & Baked Beans (Ve)	Tuscan Creamy Chicken with Pasta Shells with Broccoli Florets	Chilli Non Carne with Wholemeal Rice, Garlic Green Beans & Vegan Sour Cream (Ve)	Jerk Chicken Thighs with Chips & Peas
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Rice Pudding with an option of Apple & Cinnamon Compote (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Cheese & Crackers (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

Available Daily ... Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(Ve) = Vegan
(V) = Vegetarian



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