

Thomas Fairchild Community School Spring/Summer 2022 - Week 1

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Three Cheese Pasta Bake, served with Mixed Salad	Chicken Jollof Rice, served with Rainbow Coleslaw	Savoury Minced Beef in a Yorkshire Pudding served with Roast Potatoes and Seasonal Vegetables	BBQ Chicken & Mixed Salad Wrap served with an Ashlyns Brown Rice Salad	MSC Battered Fish Fillet, with a Lemon Wedge, Tartare Sauce served with Oven Chips & Garden Peas
Option 2	Tomato and Lentil Wholemeal Pasta Bake, served with Mixed Salad	Vegetable & Bean Jollof Rice, served with Rainbow Coleslaw	Mature Cheddar Cheese, Leek & Cherry Tomato Tart served with Seasonal Vegetables	Mexican Vegetable & Bean Wrap served with an Ashlyns Brown Rice Salad	Spinach & Feta Cheese Omelette served with Oven Chips & Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Pineapple Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Fruit Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Soft Scoop Ice Cream

W/C - 25th April, 16th May, 13th June, 4th July, 29th August, 19th September and 10th October

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.

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

Thomas Fairchild Community School Spring/Summer 2022 – Week 2

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mozzarella, Tomato & Basil Pizza served with Crushed New Potatoes and Caramelised Sweetcorn	Beef Chilli with a side of Paprika Yoghurt served with Braised Rice and Peas	Roast Chicken Thigh Provencal (<i>tomato and herb sauce</i>) served with Pasta, Broccoli and Carrots	Ashlyns Beef Burger served with Oven Chips and Baked Beans	Salmon Fish Cake, with a Lemon Wedge served with Mixed Salad, Coleslaw and Lemon Dressed Cous Cous
Option 2	Fiesta Pizza. served with Crushed New Potatoes and Caramelised Sweetcorn	Mexican Bean Stew with a side of Paprika Yoghurt served with Braised Rice and Peas	Roast Quorn Fillet Provencal (<i>tomato and herb sauce</i>) served with Pasta, Broccoli and Carrots	Meatfree Burger served with Oven Chips and Baked Beans	Cheese and Vegetable Wholemeal Stack served with Mixed Salad, Coleslaw and Lemon Dressed Cous Cous Salad
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Iced Lemon & Orange Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 2nd May, 23rd May, 20th June, 11th July, 5th September, 26th September and 17th October

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



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Thomas Fairchild Community School Spring/Summer 2022 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jacket Potato with a variety of fillings including - Baked Beans, Grated Cheese or Vegetable Chilli all served with a Mixed Salad	Baked Pasta Shells with a Beef and Tomato Sauce served with a Carrot and Pea Medley	Sticky Chicken Thigh served with Vegetable Fried Rice and Spring Greens	Puff Pastry Ashlyns Chicken Sausage Roll served with Herby Diced Potatoes and Baked Beans	Omega 3 Breaded Fish Fingers, Lemon Wedge, served with Oven Chips & Sweetcorn
Option 2	Cheese, Red Onion and Tomato Wrap served with Pasta Salad and Mixed Leaf Salad	Sweet Tomato, Lentil and Pepper Pasta served with Pea and Carrot Medley	Sticky Quorn Fillet served with Vegetable Fried Rice and Spring Greens	Puff Pastry Meat Free Sausage Roll served with Herby Diced Potatoes and Baked Beans	Courgette & Tomato Wholemeal Quiche served with Oven Chips and Sweetcorn
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or R/S Sultana Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

W/C - 9th May, 6th June, 27th June, 18th July, 12th September and 3rd October

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



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