

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

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
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

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



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Or visit <http://j.mp/2EeFh9g>

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Barnes Farm Autumn/Winter 2018/19 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
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

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



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

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