

# Comet Spring & Summer Menu 2024 – Week 1

## Lunch Option 1

Cheese, Egg and Tomato Pasta Bake served with a Cucumber, Tomato & Basil Salad

## Lunch Option 2

Tomato and Butter Bean Pasta Bake served with a Cucumber, Tomato & Basil Salad

## Dessert

Stewed Pear Halves

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Cheese, Egg and Tomato Pasta Bake served with a Cucumber, Tomato & Basil Salad	Chickpea Tagine served with Sweetcorn and Bell Pepper Cous Cous	Beef Ragù served with Pasta and Broccoli Florets	Vegetable & Lentil Korma served with Wholemeal Fragrant Rice and Carrot Batons	Omega 3 Fish Fingers served with Sweet Potato Wedges and Reduced Salt and Sugar Baked Beans
Tomato and Butter Bean Pasta Bake served with a Cucumber, Tomato & Basil Salad	Chicken Tagine served with Sweetcorn and Bell Pepper Cous Cous	Vegetable & Lentil Ragù served with Pasta and Broccoli Florets	Chicken & Apricot Korma served with Wholemeal Fragrant Rice and Carrot Batons	Vegetable Fingers served with Sweet Potato Wedges and Reduced Salt and Sugar Baked Beans
Stewed Pear Halves	Cinnamon Topped Semolina Pudding	Apple Crumble with Reduced Sugar Custard	Sugar Free Banana Bread	Natural Yoghurt with a Summer Berry Compote

W/C - 15th April, 13th May, 10th June, 8th July, 16th September and 14th October

**Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council**

Water served with lunch and readily available throughout the day



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Comet Spring & Summer Menu 2024 - Week 2

## Lunch Option 1

Sweetcorn, Lentil & Red Pepper Mac 'n' Cheese served with Mixed Salad

## Tuesday

Jerk Chicken Thigh served with Rice & Peas

## Wednesday

Sweet Potato & Cannellini Bean Casserole served with Minted Garden Peas

## Thursday

Lemon & Thyme Chicken Thigh served with Spinach, Leek and Cream Wholemeal Penne Pasta

## Friday

Homemade Falafel Sausage served with Creamy Mash, Peas & Gravy

## Lunch Option 2

Mac 'n' Cheese with Grated Egg served with Mixed Salad

Jamaican Style Chickpea Curry served with Rice & Peas

Beef and Potato Casserole served with Minted Garden Peas

Lemon & Thyme Roasted Cauliflower served with Spinach, Leek, Chickpea and Cream Wholemeal Penne Pasta

Ashlyns Chicken Sausage served with Creamy Mash, Peas & Gravy

## Dessert

Rice Pudding with Sultananas

Natural Yoghurt with Stewed Apples and Pears

Fresh Fruit Salad

Reduced Sugar Apricot and Blueberry Flapjack

Wedge of Water Melon

W/C - 22nd April, 20th May, 17th June, 15th July, 23rd September and 21st October

**Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council**

Water served with lunch and readily available throughout the day



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Comet Spring & Summer Menu 2024 - Week 3

## Lunch Option 1

## Lunch Option 2

## Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Jacket Potato with Reduced Salt & Sugar Baked Beans served with Mixed Salad	Mushroom & Lentil Stroganoff served with Wholemeal Rice and Green Beans	BBQ Chicken Thigh served with a Potato, Sweetcorn and Spring Onion Salad	Beef Lasagne served with a Green Leaf Salad	Vegetable & Chickpea Fajitas served with Cheese and Fresco Salsa
Lunch Option 2	Jacket Potato with Grated Cheese & Egg served with Mixed Salad	Beef Stroganoff served with Wholemeal Rice and Green Beans	Homemade Cauliflower & Chickpea Tenders served with a Potato, Sweetcorn and Spring Onion Salad	Courgette, Lentil and Aubergine Lasagne served with a Green Leaf Salad	Chicken & Red Pepper Fajitas served with Cheese and Fresco Salsa
Dessert	Reduced Sugar Carrot Cake	No Added Sugar Apple Oatmeal Cookies	Ripe Banana	Reduced Sugar Pineapple and Coconut Cake	Semolina Pudding and Fruit Compote

W/C - 29th April, 24th June, 22nd July, 2nd September and 30th September

**Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council**

Water served with lunch and readily available throughout the day



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# Comet Spring & Summer Menu 2024 – Week 4

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Option 1</b>	Ratatouille & Cannellini Bean Pasta Bake served with Sweetcorn	North African Chicken Tagine served with Wholemeal Rice and Carrot Batons	Vegetable & Lentil Casserole served with Mashed Potato and Braised Cabbage	Mexican Beef & Cheese Pasta served with a Mixed Salad	Greek Styled Roasted Tofu served with Garlic Crushed New Potatoes and a Green Bean & Pea Medley
<b>Lunch Option 2</b>	Chickpea Shakshuka Pasta Bake served with Sweetcorn	Sweet Potato, Butternut and Haricot Bean Tagine served with Wholemeal Rice and Carrot Batons	Sausage Casserole served with Mashed Potato and Braised Cabbage	Mexican Mixed Bean & Cheese Pasta served with a Mixed Salad	Greek Styled Roasted Salmon and Pollock served with Garlic Crushed New Potatoes and a Green Bean & Pea Medley
<b>Dessert</b>	No Added Sugar Banana Bread	Granola Topped Natural Yoghurt	Baked Apples	Reduced Sugar St. Clements Cake	Cinnamon Topped Rice Pudding

W/C - 6th May, 3rd June, 1st July, 9th September and 7th October

**Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council**

Water served with lunch and readily available throughout the day



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

