

Comet Summer 2023 – Week 1

Lunch Option1

1/2 Jacket Potato Topped with Flaked Omega 3 Fish served with Green Leaf Salad

Steamed Fish Fillet in Tomato Sauce served with Sweet Potato Mash and Minted Peas

Caribbean Chicken served with Fluffy Rice, Carrots & Green Beans

Homemade Margarita Pizza served with Potato Wedges and Mixed Bean Vegetable Salad (onion, carrot, sweetcorn, peppers)

Italian Beef Bolognese served with Wholemeal Pasta Spirals and Tomato Salad

Lunch Option 2

1/2 Jacket Potato Topped with Baked Beans served with Green Leaf Salad
Vegan

Spinach & Chick Pea Dahl with Sweet Potato Mash and Minted Peas
Vegan

Bean and Vegetable Stew served with Fluffy Rice, Carrots & Green Beans
Vegan

Gluten Free/Dairy Free Chilli Bean Pizza served with Potato Wedges and Mixed Salad
Vegan

Vegetable and Lentil Bolognese served with Wholemeal Pasta Spirals and Tomato Salad
Vegan

Dessert

Fresh Fruit Salad

Granola Topped Natural Yoghurt

Wedge of Water Melon

Banana and Custard

R/S Lemon Drizzle Cake

Menu valid from 24th November to 10th December, 10th January, 9th February, 9th March

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 www.ashlyns.co.uk

Comet Summer 2023 - Week 2

Lunch Option 1

Chickpea and Vegetable Casserole served with Cous Cous and Glazed Carrots
Vegan

Gluten Free Ashlyns Chicken Sausage served with New Potatoes and Peas

Jerk Chicken Thighs served with Boiled Rice & Kidney Beans and Mixed Salad

Spicy Minced Beef & Cheese Flatbread served with Wholemeal Pasta Salad (pepper, sweetcorn, onion, carrot)

Poached Fillet of Fish in Parsley Sauce served with Creamed Potatoes & Green Beans

Lunch Option 2

Chickpea and Vegetable Casserole served with Cous Cous and Glazed Carrots
Vegan

Vegan Sausage served with New Potatoes and Peas
Vegan

Vegetable, Kidney Bean & Sweet Potato Stew served with Boiled Rice and Mixed Salad
Vegan

Dairy Free Cheese Topped Vegetable Stack Wrap served with Wholemeal Pasta Salad (pepper, sweetcorn, onion, carrot)
Vegan

Roasted Vegetables & Lentil Whirl served with Creamed Potatoes & Green Beans
Vegan

Dessert

Natural Yoghurt with Summer Fruit Compote

R/S Apple Cake with Creme Fraiche

Wedge of Fresh Pineapple

Vegetarian Fruit Jelly with Cream

Creamy Rice Pudding served with Sultanas

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Comet Summer 2023 – Week 3

Lunch Option 1

Roasted Cherry Tomato, Basil, Onion, Chick Pea & Dairy Free Cheese Wholemeal Tart with Mixed Salad
Vegan

Salmon and Tomato Pasta Bake served with Broccoli Florets

Mild Chicken Curry served with Braised Rice & Minted Peas

Beef Cottage Pie served with Spring Greens & Carrots

MSC Battered Cod Fillet with New Potatoes and Sweetcorn

Lunch Option 2

Roasted Cherry Tomato, Basil, Onion, Chick Pea & Dairy Free Cheese Wholemeal Tart with Mixed Salad
Vegan

Basil Dressed Butter Bean Pasta served with Broccoli Florets
Vegan

Sweet Potato and Lentil Korma served with Braised Rice & Minted Peas
Vegan

Lentil and Vegetable Cottage Pie served with Spring Greens & Carrots
Vegan

Dairy Free Cheese and Baked Bean Puff with New Potatoes and Sweetcorn
Vegan

Dessert

Fresh Fruit Salad

Fruit Shortbread

Natural Yoghurt with Honey

R/S Oaty Fruit Crumble with Creme Fraiche

Wedge of Water Melon & Orange

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Comet Summer 2023 - Week 4

Lunch Option 1

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Bean Red Pepper & Vegetable Balti with Wholemeal Naan Bread Vegan	Moroccan Pollock & Vegetable Tagine served with Pepper and Fruit Cous Cous	Baked Pasta Shells with Beef and Tomato Sauce served with Mixed Salad	Chicken Chow Mein served with Rice Noodles	Courgette & Sliced Potato Frittata with Tomato & Onion Salad
Mixed Bean, Red Pepper & Vegetable Balti with Wholemeal Naan Bread Vegan	Chickpea & Vegetable Tagine served with Pepper & Fruit Cous Cous Vegan	Baked Pasta Shells with Lentil, Vegetable and Tomato Sauce served with Mixed Salad Vegan	Vegetable & Tofu Chow Mein served with Rice Noodles Vegan	Baked Courgette in a Basil & Tomato Sauce served with Lentil Salad Vegan
Fresh Fruit Salad	Fruit Shortbread	Natural Yoghurt with Honey	R/S Oaty Fruit Crumble with Creme Fraiche	Wedge of Water Melon & Orange

Lunch Option 2

Dessert

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