

Harlow Fields School & College Menu – Autumn/Winter 2025 – Week 1

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Cheese & Tomato Margherita Pizza served with Pasta Salad	Creamy Chicken Curry served with Wholemeal Rice & Green Beans	Roast Chicken & Yorkshire Pudding served with Roast Potatoes, Sliced Carrots & Broccoli, & Gravy	Italian Pasta Bolognese served with Wholemeal Penne Pasta & Sweetcorn	MSC Battered Cod served with Oven Chips, Baked Beans
Option 2 The Ultimate Roasted Vegetable & Cheese Pizza served with Pasta Salad	Red Kidney Bean & Pineapple Curry served with Basmati Rice & Green Beans	Autumn Squash & Butter Bean Stew served with Yorkshire Pudding, Roast Potatoes, Sliced Carrot & Broccoli	Chickpea & Tomato Bolognese served with Wholemeal Penne Pasta & Sweetcorn	Jacket Potato With a Choice of Fillings
Dessert Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Apple & Raisin Muffin	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 3rd November, 24th November, 15th December, 19th January, 9th February, 9th March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

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

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Harlow Fields School & College Menu – Autumn/Winter 2025 – Week 2

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Option 1

Option 2

Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Macaroni Cheese served with Homemade Garlic Bread & Mixed Salad	Chicken Enchiladas Served with Wholemeal Mexican Rice & Sweetcorn	Homemade Pork Sausage Roll served with Herby Diced Potatoes & Baked Beans	Classic Beef Lasagne served with Roasted Carrots & Wholemeal Bread & Butter Fingers	MSC Fish Fingers served with Oven Chips & Garden Peas
Lentil & Tomato Pasta Bake served with Homemade Garlic Bread & Mixed Salad	Spinach & Chickpea Enchiladas Served with Wholemeal Mexican Rice & Sweetcorn	Homemade Vegan Sausage Roll served with Herby Diced Potatoes & Baked Beans	Cheese & Aubergine Lasagne served with Roasted Carrots & Wholemeal Bread & Butter Fingers	Jacket Potato With a Choice of Fillings
Freshly Cut Fruit or Organic Fruit Yoghurt or Lemon Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 10th November, 1st December, 5th January, 26th January, 23rd February, 16th March,

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

Available Daily ...
Jacket Potato with filling
Wholemeal Bread
Choice of Salads
Water



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Harlow Fields School & College Menu – Autumn/Winter 2025 – Week 3

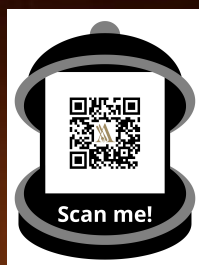
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Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Creamy Cheese & Tomato Rissotto served with Sautéed Zucchini	Chicken & Tomato Wholemeal Pasta Bake served with Garlic Bread & Cucumber	Minced Beef & Onion Pie served with Crush New Potatoes, Shredded Cabbage, Sliced Carrots & Gravy	Beef Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	MSC Battered Cod or Salmon Fish Cake served with Oven Chips, Garden Peas
Option 2 Vegan Quorn Sausage Served with Creamy Mashed Potato, Baked Beans or Sautéed Zucchini	Chickpea, Pepper & Tomato Pasta served with Garlic Bread & Cucumber	Cheese Potato & Leek Pie served with Shredded Cabbage, Sliced Carrots & Gravy	Homemade Banie Burger In a Bun served with Seasoned Potato Wedges & Baked Beans	Jacket Potato With a Choice of Fillings
Dessert Freshly Cut Fruit or Organic Fruit Yoghurt or Spiced Oat Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Jam & Coconut Sponge served with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 17th November, 8th December, 12th January, 2nd February, 2nd March, 23rd March

A lot of the dishes can be adjusted to meet specific dietary requirements. Please contact the School for more information

Available Daily ...
Jacket Potato with filling
Wholemeal Bread
Choice of Salads
Water



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