

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 information.

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

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

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

Option 2

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

Dessert

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

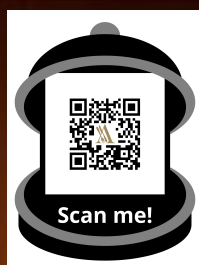
Freshly Cut Fruit
or
Organic Fruit Yoghurt

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

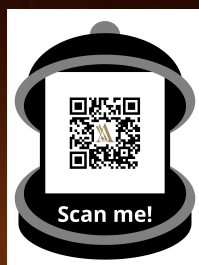
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Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Creamy Cheese & Tomato Rissotto served with Sautéed Zucchini	Chicken & Tomato Wholemeal Pasta Bake served with Garlic Bread & Cucumber	Minced Beef & Onion Pie served with Crush New Potatoes, Shredded Cabbage, Sliced Carrots & Gravy	Beef Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	Chicken Nuggets 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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