

Harlow Fields Menu – Spring/Summer 2025 – Week 1

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spinach, Sweet Potato & Lentil Dhal Served with Whole meal Rice & Naan Bread	Italian Beef Bolognese served with Penne Pasta, Homemade Garlic Bread & Sliced Carrots	Ashlyns Pork Sausage in a Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy	American Style BBQ Chicken served with Pasta Twists & Sweetcorn	MSC Battered Cod served with Oven Chips & Baked Beans
Option 2	Cauliflower & Chickpea Tenders served with a Choice from the Deli Bar Including Potato Salad, Rainbow Coleslaw & Cucumber Sticks	Roasted Vegetable & Red Lentil Bolognese served with Penne Pasta, Homemade Garlic Bread & Sliced Carrots	Quorn Sausage in a Yorkshire pudding served with Roast Potatoes, Seasonal Vegetables & Gravy	Mozzarella Cheese & Tomato Pin Wheels served with Pasta Salad & Cucumber Sticks	Jacket Potatoes with a Choice of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Vanilla Sponge Cake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 21st April, 12h May, 9th June, 31st June, 21st July, 15th September, 6th October

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
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 Menu - Spring/Summer 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

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza served with a Choice from the Deli Bar Including Potato Salad, Rainbow Coleslaw & Cucumber Sticks	Chicken Arrabiata Pasta Bake served with Homemade Herby Garlic Bread & Mixed Salad	Cajun Chicken served with Sweetcorn, Wholemeal Caribbean Rice & Peas	Ashlyns Hamburger in a Bun served with Seasoned Potato Wedges & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden peas
Fiesta Pizza served with a Choice from the Deli Bar Including Potato Salad, Rainbow Coleslaw & Cucumber Sticks	Macaroni Cheese served with Homemade Herby Garlic Bread & Mixed Salad	Jerk Chickpea & Roasted Vegetables served with Sweetcorn, Wholemeal Caribbean Rice & Peas	Meat Free Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	Jacket Potato with a Choice of Fillings
Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 28th April, 19th May, 16th June, 7th July,, 1st September, 22nd September, 13th October,

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

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Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water

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Harlow Fields Menu - Spring/Summer 2025 - Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza served with Mixed Salad & Coleslaw	Beef Chilli Con Carne served with Wholemeal Rice & Sweetcorn	Roast Chicken with Yorkshire Pudding served with New Potatoes, Seasonal Vegetables & Gravy	Ashlyns Pork Sausage in a Roll served with Chunky Homemade Wedges & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden Peas
Option 2	Butternut Squash & Cheddar Cheese Roll served with Mixed Salad & Coleslaw	Smokey Bean Chilli Con Carne served with Wholemeal Rice & Sweetcorn	Sweet Potato, Red Pepper & Lentil Risotto served with Seasonal Vegetables	Quorn Sausage in a Roll served with Chunky Homemade Wedges & Baked Beans	Jacket Potato with a Choice of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Cherry Cookies	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or St Clements Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 5th May, 2nd June, 23rd June, 14th July, 8th September, 29th September, 20th October

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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