

# Harlow Fields School & College Menu - Autumn/Winter 2024 - 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
Ashlyns Pork Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Sweetcorn	Sticky Chicken served with Chinese Vegetable Chow Mein	Savoury Minced Beef and Herby Dumplings served with Mashed Potato & Sliced Carrots	Chicken and Bacon Turnover served with Garlic Potato Wedges & Fresh Mixed Vegetables	MSC Battered Cod served with Oven Chips & Baked Beans or Spaghetti Hoops
Quorn Sausage & Tomato Wholemeal Pasta served with Homemade Garlic Bread & Sweetcorn	Homemade Vegetable Spring Rolls served with Ginger & Garlic Noodles & Haricot Beans	Savoury Minced Quorn and Herby Dumplings served with Mashed Potato & Sliced Carrots	Cheese & Onion Turnover served with Garlic Potato Wedges & Fresh Mixed Vegetables	Leek & Cheese Gnocchi served with Mixed Salad
Freshly Cut Fruit or Organic Fruit Yoghurt or Garibaldi Biscuits	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Spiced Ginger Bread

Option 1

Option 2

Dessert

Week commencing - 4th November, 25th November, 16th December, 20th January, 10th February, 10th March, 31st 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**  
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)

# Harlow Fields School & College Menu - Autumn/Winter 2024 - 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
Italian Style Beef Bolognese served Penne Pasta & Sweetcorn	Ashlyns Pork Sausage served with Creamy Mashed Potato, Pea & Carrot Medley and Onion Gravy	Creamy Garlic Chicken served with Wholemeal Rice, Broccoli & Cauliflower Florets	Homemade Minced Beef Pie served with Crushed New Potatoes, Fresh Vegetable Medley & Gravy	MSC Fish Fingers served with Oven Chips & Garden Peas
Italian Style Roasted Vegetable & Lentil Spaghetti Bolognese served with Sweetcorn	Quorn Sausage served with Creamy Mashed Potato, Pea & Carrot Medley and Onion Gravy	Mushroom & Lentil Stroganoff served with Wholemeal Rice, Broccoli & Cauliflower Florets	Covent Garden Pie served with Crushed New Potatoes & Fresh Vegetable Medley	Cauliflower & Broccoli Cheese Bake with Oven Chips & Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Chip 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 Butterfly Cake

Week commencing - 11th November, 2nd December, 6th January, 27th January, 24th February, 17th March,

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 School & College Menu - Autumn/Winter 2024 - Week 3

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Cheese & Tomato Pizza served with Wholemeal Pasta Salad	Mild Chicken Curry served with Wholemeal Rice & Sweetcorn	Roast Chicken and Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Hamburger in a Bun served with New Potatoes & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden Peas
<b>Option 2</b>	Tuna & Salmon Pasta Bake served with Mixed Salad & Garlic Bread	Martinique Vegetable & Chickpea Curry served with Wholemeal Rice & Sweetcorn	Roast Vegetable & Lentil Strudel served with Roast Potatoes, Seasonal Vegetables & Gravy	Meat Free Burger in a Bun served with New Potatoes & Baked Beans	Cheddar Cheese & Vegetable Stack Wrap served with Oven Chips & Garden Peas
<b>Dessert</b>	Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Syrup Sponge Pudding with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 18th November, 9th December, 13th January, 3rd February, 3rd March, 24th 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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