

# Harlow Fields School & College Menu - Spring/Summer 2026 - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tuna & Salmon Tri Colour Pasta Bake served with Mixed Salad & Garlic Bread	Day Breakfast Pork Sausage, Bacon, Scrambled Egg, Baked Beans & Bread & Butter Fingers	Barbecue Chicken served with Wholemeal Rice & Broccoli	Mild Beef & Cheese Tortilla Slice served with Mexican Sweetcorn Salsa	MSC Fish Fingers served with Oven Chips & Garden Peas
Option 2	Macaroni Cheese served with Mixed Salad & Garlic Bread (V)	Veggie all Day Breakfast Vegan Sausage, Scrambled Egg, Tomato, Baked Beans & Bread & Butter Fingers (V)	Barbecue Boston Beans served with Wholemeal Rice & Broccoli (Ve)	Cheese & Vegetable Stack Wrap served with Mexican Sweetcorn Salsa (V)	Jacket Potato served with a Selection of Fillings
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or White Chocolate Chip Cookie	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 - 13th April, 4th May, 1st June, 22nd June, 13th July, 14th September, 5th 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**  
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# Harlow Fields School & College Menu - Spring/Summer 2026 - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

**Option 1**

**Option 2**

**Dessert**

Monday	Tuesday	Wednesday	Thursday	Friday
Italian Beef Bolognaise served with Wholemeal Pasta & Sweetcorn	Chicken Nuggets served with Seasoned Potato Wedges & Spaghetti Hoops	Roast Chicken with Yorkshire Pudding served with Creamy Mashed Potatoes, Fresh Broccoli, Sliced Carrots & Gravy	Beef Pepperoni Pizza served with Pasta Salad	MSC Battered Cod served with Oven Chips & Garden Peas
Vegetable & Lentil Bolognaise served with Wholemeal Pasta & Sweetcorn (Ve)	Plant Based Nuggets served with Seasoned Potato Wedges & Spaghetti Hoops (V)	Vegetable & Bean Jollof Rice (Ve)	Three Cheese Pizza served with Pasta Salad (V)	Jacket Potato with a Selection of Fillings
Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Vanilla Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Lemon Drizzle Cake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 20th April, 11th May, 8th June, 29th June, 1st September, 21st September, 12th 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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# Harlow Fields School & College Menu - Spring/Summer 2026 - Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Ham & Pineapple Pizza served with Rainbow Coleslaw & Cucumber Sticks	Barbecue Chicken Mac 'n' Cheese served with Sweetcorn & Red Pepper Medley	Homemade Pork Meatballs in a Sweet Tomato Sauce served with Wholemeal Pasta & Carrots	Ashlyns Beef Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden Peas
<b>Option 2</b>	Cheese & Tomato Pizza served with Rainbow Coleslaw & Cucumber Sticks (V)	Barbecue Chickpeas Mac 'n' Cheese served with Sweetcorn & Red Pepper Medley (V)	Chickpea, Pepper & Tomato Pasta Bake served with Carrots (V)	Meat Free Burger in a Bun served with Seasoned Potato Wedges & Baked Beans (V)	Jacket Potato with a Selection of Fillings
<b>Dessert</b>	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 Iced Vanilla Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 27th April, 18th May, 15th June, 6th July, 7th September, 28th September, 19th 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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