

Jerounds Primary Academy 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, Hash Brown, 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)	Sinapore Vegetable Noodles (Ve)
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 or Reduced Sugar Lemon Drizzle Cake	Freshly Cut Fruit or Organic Fruit Yoghurt

Week commencing - 13th April, 4th May, 8th June, 29th June 13th July, 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



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

Jerounds Primary Academy 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)	Homemade Falafel served with Oven Chips & Garden Peas (Ve)
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 Frozen Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Brownie

Week commencing - 20th April, 11th May, 15th June, 6th July, 7th September, 28th September,

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

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Jerounds Primary Academy 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
Option 1	Cheese & Ham 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	Fish Fingers served with Seasoned Potato Wedges & Garden Peas	Ashlyns Beef Burger in a Bun served with Oven Chips & Baked Beans
Option 2	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)	Caramelised Onion Quiche served with Seasoned Potato Wedges & Garden Peas (V)	Meat Free Burger in a Bun served with Oven Chips & Baked Beans (V)
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 Chocolate Krispie Cake	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 27th April, 18th May, 22nd June, 13th July, 14th September, 28th 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



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