

Comet Spring/Summer Menu 2025 - Week 1

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

Lunch Option 1

Egg Infused Mac 'N' Cheese served with Mixed Salad (V)

Chicken Korma served with Wholemeal Rice and Roasted Garlic Green Beans

Butternut Squash, Bean & Spinach Filo Pastry Parcels served with Roast Potatoes, Shredded Cabbage and Gravy (Ve)

Traditional Cottage Pie served with Garden Peas and Gravy

Coconut Fish Curry served with Coriander Rice and Roasted Cauliflower

Lunch Option 2

Sweet Tomato & Chickpea Pasta served with Mixed Salad (Ve)

Spinach, Sweet Potato and Lentil Dahl served with Roasted Garlic Green Beans (Ve)

Roast Chicken Thigh served with Roast Potatoes, Shredded Cabbage and Gravy

Home Made Vegetable & Bean 'Cottage Pie' served with Garden Peas and Gravy (Ve)

Sri Lankan Vegetable and Bean Curry served with Coriander Rice and Roasted Cauliflower (Ve)

Dessert

Fruit Shortbread (V)

Peach Slices and Natural Yoghurt (V)

Fresh Fruit Salad (Ve)

Ripe Banana (Ve)

Farmhouse Fruit Cake (V)

W/C - 5th May, 2nd June, 30th June, 28th July, 8th September and 6th October

Beef, Chicken & Turkey is from Suffolk and is Farm Assured. Our fish is Marine Stewardship Council

Water served with lunch and readily available throughout the day



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

Please contact the Centre if your child has any specific dietary requirements.

ASHLYNS

High Laver Hall, Ongar, Essex, CM5 0DU
Tel: 01277 890411/821 Fax: 0871 431 0608
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Comet Spring/Summer Menu 2025 - Week 2

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

Lunch Option 1

Sweet Potato & Lentil Curry served with Fragrant Rice and a Minted Cucumber and Red Onion Salad (Ve)

Lunch Option 2

Home Made Courgette, Pepper and Mixed Bean Slice served with a Pasta Salad (Ve)

BBQ Chicken with 'Mac n Cheese' and a Green Leaf Salad

Jerk Chicken Thigh served with Wholemeal Rice and Rainbow Coleslaw

Roasted Jerk Vegetable & Bean Stew served with Wholemeal Rice and Rainbow Coleslaw (Ve)

Chickpea Falafel Balls served in a Rich Tomato & Pasta Sauce and Sliced Green Beans (Ve)

Italian Style Hand Made Beef Meatballs served in a Rich Tomato & Pasta Sauce and Sliced Green Beans

Deconstructed Omega 3 Fish Pie served with Sweetcorn and Garden Peas

Savoury Vegetable Mince served with Mashed Potato, Sweetcorn and Garden Peas (Ve)

Dessert

Fresh Fruit Salad (Ve)

Cinnamon Rice Pudding (V)

Stewed Apple with Natural Yoghurt (V)

Fruit Flapjack (Ve)

Chocolate Orange Sponge with Cream (V)

W/C - 12th May, 9th June, 7th July, 4th August, 15th September and 13th October

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Comet Spring/Summer Menu 2025 – Week 3

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Lunch Option 1

Lunch Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Spiced Cannellini Bean Arrabbiata with Wholemeal Pasta and a Mixed Green Salad (Ve)	Chickpea Tikka Masala served with Pilau Rice, Roasted Cauliflower and Green Beans (V)	Cajun Chicken Thigh with a Mediterranean Vegetable Cous Cous and a Carrot, Sultana and Orange Salad	Ashlyns Homemade Beef Burger with Seasoned Potato Wedges and Reduced Salt Baked Beans	Sweet Tomato & Lentil Pasta Bake served with a Sweetcorn and Garden Pea Medley (Ve)
Lunch Option 2		Chicken Tikka Masala served with Pilau Rice, Roasted Cauliflower and Green Beans	Rainbow Moroccan Tagine with a Mediterranean Vegetable Cous Cous and a Carrot, Sultana and Orange Salad (Ve)	Ashlyns Homemade Spicy Bean Burger with Seasoned Potato Wedges and Reduced Salt Baked Beans (Ve)	Tuna Pasta Bake served with a Sweetcorn and Garden Pea Medley
Dessert	Summer Fruit Compote & Natural Yoghurt (V)	Rock Cakes with Cream (V)	Oat Topped Plum Crumble & Custard (V)	Fresh Fruit Salad (Ve)	Apricots with Natural Yoghurt (V)

W/C - 19th May, 16th June, 14th July, 11th August, 22nd September and 20th October

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Comet Spring/Summer Menu 2025 - Week 4

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

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Thai Vegetable and Edamame Soya Bean Curry served with Coconut Rice and Garlic Roasted Green Beans (Ve)	Spanish Paprika Mixed Bean Stew served with Potatas Bravas and Sweetcorn (Ve)	Italian Style Beef Bolognaise served with Garden Peas and Carrots	Smokey Bean Bredie served with Wholemeal Rice and Roasted Summer vegetables (Ve)	Omega 3 Topped Baked Jacket Potato served with Reduced Salt Baked Beans
Lunch Option 2		Spanish Paprika Chicken Stew served with Potatas Bravas and Sweetcorn	Vegetable & Lentil Bolognaise served with Garden Peas and Carrots (Ve)	BBQ Chicken Thigh served with Wholemeal Rice and Roasted Summer vegetables	Jacket Potato with a Variety of Fillings served with Reduced Salt Baked Beans (V)
Dessert	Fresh Fruit Salad (Ve)	Creamy Rice Pudding with Sultanas (V)	Jam & Coconut Slice (V)	Fruit Yoghurt (V)	Summer Fruit and Apple Crumble with Custard (V)

W/C - 26th May, 23rd June, 21st July, 1st September, 29th September and 27th October

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