

Comet Autumn/Winter Menu 2025 - Week 1

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

	Plant Based Monday	Tuesday	Wednesday	Thursday	Carbon Friendly Friday
Lunch Option1	Smokey Bean, Potato and Vegetable Casserole served with Lemon Glazed Carrots (Ve)	Herby Crusted White Fish in a Tomato Sauce with Wholemeal Pasta and Green Beans	Lentil Roast served with Roast Potatoes, Cauliflower Florets, Peas and Gravy (Ve)	Chilli Beef Burrito served with Mexican Rice and a Sweetcorn Salsa	Egg Topped Leek and Macaroni Cheese served with Toasted Pitta Slices and Broccoli (V)
Lunch Option 2		Red Pepper, Tomato and Lentil Wholemeal Pasta served with Green Beans (Ve)	Roast Chicken Thigh served with Roast Potatoes, Cauliflower Florets, Peas and Gravy	Mexican Bean Burrito served with Mexican Rice and a Sweetcorn Salsa (Ve)	Tomato, Butternut Bean & Spinach Pasta Bake served with Toasted Pitta Slices and Broccoli (Ve)
Dessert	Fresh Fruit Salad (Ve)	Stewed Apple & Pears with Cream (V)	Apricot & Banana Muffin (V)	Pineapple Crumble & Creme Fraiche (V)	Fruit Flapjack (Ve)

W/C - 3rd November, 1st December, 5th January, 2nd February, 2nd March and 30th March

Our Meat is Farm Assured. Our fish is Marine Stewardship Council approved. All Deserts are no added sugar

Water served with morning snack and lunch and readily available throughout the day
Milk with afternoon snack



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
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

Comet Autumn/Winter 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

Lunch Option 2

Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Carbon Friendly Friday
Martinique Vegetable Curry served with Coriander Rice and Garlic Green Beans (Ve)	Cannellini Bean, Tomato and Red Pepper Pasta Bake served with a Carrot and Broccoli Medley (Ve)	Traditional Cottage Pie served with Garden Peas and Gravy	Peri Peri Chickpeas in a Sweet Tomato Pasta served with Sweetcorn (Ve)	Smokey Mushroom & Chickpea Wholemeal Fajitas served with a Charred Spring Onion Salsa and Carrot Batons (V)
	Salmon & Tuna Pasta Bake served with a Carrot and Broccoli Medley	Home Made Vegetable & Bean 'Cottage Pie' served with Garden Peas and Gravy (Ve)	Peri Peri Chicken Pasta Bake served with Sweetcorn	Vegetable, Kidney Bean and Sweet Pepper Wholemeal Burrito served with a Charred Spring Onion Salsa and Carrot Batons (Ve)
Orange & Lemon Glazed Baked Pears (Ve)	Banana Bread (V)	Organic Fruit Yoghurt (V)	Ripe Banana (Ve)	Cherry Cookie (Ve)

W/C - 10th November, 8th December, 12th January, 9th February, 9th March and 6th April

Our Meat is Farm Assured. Our fish is Marine Stewardship Council approved. All Deserts are no added sugar

Water served with morning 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
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

Comet Autumn/Winter Menu 2025 - Week 3

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

Jerk Vegetable & Bean Stew served with Lemon and Thyme Crushed New Potatoes and Roasted Garlic Green Beans (Ve)

Caribbean Fish served with Lemon and Thyme Crushed New Potatoes and Roasted Garlic Green Beans

BBQ Chicken with 'Mac n Cheese' and a Mixed Salad

Vegetable & Lentil Ragu served with Wholemeal Pasta and Broccoli (Ve)

Butternut Squash & Bean Hotpot served with a Carrot and Green Bean Medley (Ve)

Beef & Butternut Squash Hotpot served with a Carrot and Green Bean Medley

Rainbow Moroccan Tagine with Mediterranean Vegetable Cous Cous and a Carrot, Sultana and Orange Salad (Ve)

Cheese & Cherry Tomato Tart served with Mediterranean Vegetable Cous Cous and a Carrot, Sultana and Orange Salad (V)

Dessert

Pineapple Shortbread (Ve)

Peach Slices in Natural Juices and Creme Fraiche (V)

Watermelon Wedges (Ve)

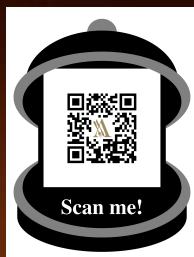
Natural Yoghurt & Fruit Compote (V)

Stewed Pear Halves (Ve)

W/C - 17th November, 15th December, 19th January, 16th February and 16th March

Our Meat is Farm Assured. Our fish is Marine Stewardship Council approved. All Deserts are no added sugar

Water served with morning snack and lunch and readily available throughout the day
Milk with afternoon snack



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
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

Comet Autumn/Winter Menu 2025 – Week 4

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

Lunch Option 1

Lunch Option 2

Dessert

Planet Friendly Monday	Tuesday	Wednesday	Thursday	Carbon Friendly Friday
Mexican Style Vegetable & Bean Chilli served with Wholemeal Rice and Vegan Rainbow Coleslaw (Ve)	Savoury Vegetable Mince served with Creamy Mash and a Pea and Sweetcorn Medley (Ve)	Butter Chicken Curry served with Indian Rice, Naan Bread Fingers and Garlic Green Beans	Roasted Cauliflower and Chickpea Kofta Strips served with Seasoned Potato Wedges and Reduced Salt & Sugar Baked Beans (Ve)	Egg Topped 3 Cheese Pasta Bake served with Homemade Garlic Bread Fingers and Mixed Salad (V)
	Deconstructed Omega 3 Fish Pie served with a Pea and Sweetcorn Medley	Butter Chickpea & Cauliflower Curry served with Indian Rice, Naan Bread Fingers and Garlic Green Beans (Ve)	Spicy Beef Kofta Strips served with Seasoned Potato Wedges and Reduced Salt & Sugar Baked Beans	Smoked Paprika Tomato & Lentil Pasta Bake served with Homemade Garlic Bread Fingers and Mixed Salad (Ve)
Honeydew Melon Wedges (Ve)	Banana Slices with Oaty Yoghurt (V)	Fresh Fruit Salad (Ve)	Apricot & Blueberry Flapjack (Ve)	Date & Apple Slice (Ve)

W/C - 24th November, 22nd December, 26th January, 23rd February and 23rd March

Our Meat is Farm Assured. Our fish is Marine Stewardship Council approved. All Deserts are no added sugar

Water served with morning snack and lunch and readily available throughout the day
Milk with afternoon snack



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
E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

