

Comet Nursery School Summer 2022 - Week 1

Lunch Option 1

Lunch Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Vegetable & Lentil Bolognese with Wholemeal Pasta, Carrots & Peas <i>(vegan)</i>	Salmon Puff served with Potato Wedges & Coleslaw	Chicken & Mixed Pepper Curry With Coriander Rice & Steamed Spinach	Cheese & Egg topped Cottage Pie served with Broccoli	Sticky Chicken Thigh with Soy Mixed Vegetables and Rice Noodles
Lunch Option 2	Vegetable & Lentil Bolognese with Wholemeal Pasta, Carrots & Peas <i>(vegan)</i>	Cheese Topped Vegetable & Egg Stack Wrap served with Coleslaw	Chickpea & Vegetable Curry with Coriander Rice & Steamed Spinach <i>(vegan)</i>	Bean and Vegetable Cottage Pie served with Broccoli	Ginger Crusted Tofu with Soy Mixed Vegetables and Rice Noodles <i>(vegan)</i>
Dessert	Fresh Fruit Salad	Creamy Rice Pudding with Sultanas	Lemon Sponge with Cream	Peach Slices in Fruit Juice	Natural Yoghurt with Fruit Compote

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

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



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

Comet Nursery School Summer 2022 - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Mexican Style Vegetable & Bean Chilli Braised Rice, Carrots & Peas (vegan)	Poached Fish Fillet in Tomato Sauce With Olive Oil & Lemon Cous Cous	Roast Chicken Thigh served with New Potatoes, Spring Greens & Gravy	Beef Bolognese served with Wholemeal Spaghetti and Lemon Butter Bean Salad	Cheese, Egg & Onion Flan served with Ashlyns Rice Salad and Tomato Salad
Lunch Option 2	Mexican Style Vegetable & Bean Chilli Braised Rice, Carrots & Peas (vegan)	Chickpea & Aubergine Tagine With Olive Oil & Lemon Cous Cous (vegan)	Roasted Vegetable & Lentil Strudel with New Potatoes, Spring Greens & Gravy	Wholemeal Spaghetti Puttanesca served with a Lemon Butter Bean Salad (vegan)	Mixed Bean Ratatouille served with Rice and Broccoli (vegan)
Dessert	Granola Topped Natural Yoghurt	Fresh Pineapple Slices	Banana Cake & Custard	Pear Slices in Fruit Juice	Fruit Crumble with Cream

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

Water served with 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.

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 Nursery School Summer 2022 - Week 3

Lunch Option 1

Lunch Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Aubergine and Lentil Katsu Curry with Fragrant Rice & Stir Fry Vegetables <i>(vegan)</i>	Minced Lamb, Rice & Bean Burrito served with Carrots & Sweetcorn	Smokey Bean, Potato & Vegetable Casserole served with Green Beans <i>(vegan)</i>	BBQ Chicken Thigh served with Wholemeal Rice & Green Beans	Salmon, Tomato & Pepper Pasta served with Garden Peas
Lunch Option 2	Aubergine and Lentil Katsu Curry with Fragrant Rice & Stir Fry Vegetables <i>(vegan)</i>	Peri Peri Butter Bean & Vegetable Burrito Served with Carrots & Sweetcorn <i>(vegan)</i>	Smokey Bean, Potato & Vegetable Casserole served with Green Beans <i>(vegan)</i>	Chickpea & Vegetable Casserole served with Wholemeal Rice & Green Beans <i>(vegan)</i>	Cheese, Shredded Egg & Tomato Pasta Bake served with Garden Peas
Dessert	Iced Apple Sponge	Fresh Fruit Salad	Peach Slices with Creme Fraiche	Granola Topped Natural Yoghurt	Vegetarian Fruit Jelly

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

Water served with 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.

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 Nursery School Summer 2022 - Week 4

Lunch Option 1

Lunch Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Option 1	Wholemeal Penne Pasta in a Red Pepper, Lentil & Tomato Ragu (vegan)	Chicken Chow Mein	Caribbean Fish served with Rice and Peas	Roast Turkey with Roast Potato, Carrots and Gravy	Jacket Potato with Grated Egg & Cheese served with a Tomato Salad
Lunch Option 2	Wholemeal Penne Pasta in a Red Pepper, Lentil & Tomato Ragu (vegan)	Vegetable & Haricot Bean Stir Fry served with Rice Noodles	Vegetable & Bean Jollof Rice served with Peas (vegan)	Lentil Rissoles with Roast Potato, Carrots and Gravy	Jacket Potato with Baked Beans served with a Tomato Salad (vegan)
Dessert	Wedge of Honeydew Melon	Pineapple Slices with Natural Yoghurt and Coconut Shavings	Pear Slices in Fruit Juice	Oat Topped Plum Crumble and Custard	Sultana Shortbread

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

Water served with 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.

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

