

Benyon Primary School Menu – Spring/Summer 2024 – Week 1

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Option 1

Pepperoni Pizza served
with
Pasta Salad & Coleslaw

Tuesday

All Day Breakfast
served with Bread & Butter

Wednesday

Roast Chicken with Sage &
Onion Stuffing served with
Roast Potatoes, Seasonal
Vegetables & Gravy

Thursday

Homemade Pork Meatballs
served with Savoury
Vegetable Rice &
Sweetcorn

Friday

MSC Battered Cod
served with Oven Chips
& Garden Peas

Option 2

Cheese & Tomato Pizza
served with
Pasta Salad & Coleslaw

All Day Veggie Breakfast
served with Bread & Butter

Wholemeal Cheese &
Roasted Vegetable Quiche
served with Roast Potatoes
and Seasonal Vegetables

Vegetable & Bean Jollof
Rice served with
Sweetcorn

Homemade Chickpea
Falafel served with Oven
Chips & Garden Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Homemade White
Chocolate Cookie

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 - 2nd September, 23rd September, 14th 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

Benyon Primary School Menu – Spring/Summer 2024 – Week 2

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Option 1

Salmon & Sweet Potato
Puff Served with
Homemade Garlic Bread
Mixed Salad

Chicken Wrap served with
Wholemeal Rice & Roasted
Summer Vegetables

Barbecue Chicken served
with Roasted Vegetable
Couscous & Sliced Carrots

Ashlyns Hamburger in a
Bun served with Seasoned
Potato Wedges & Baked
Beans

MSC Fish Fingers served
with Oven Chips &
Garden peas

Option 2

Macaroni Cheese served
with Homemade Herby
Garlic Bread & Mixed
Salad

Vegetable & Lentil Loaf
served with Roasted
Summer Vegetables

Barbecue Boston Beans
served with Roasted
Vegetable Couscous &
Sliced Carrots

Meat Free Burger in a Bun
served with Seasoned
Potato Wedges & Baked
Beans

Cheddar Cheese &
Potato Whirl served with
Oven Chips & Garden
Peas

Dessert

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Chocolate Orange Cookie

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Fruit Jelly

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Freshly Cut Fruit
or
Organic Fruit Yoghurt
or
Iced Fairy Cakes

Week commencing - 9th September, 30th September, 21st 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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Benyon Primary School Menu – Spring/Summer 2024 – Week 3

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Chinese Chicken served with Wholemeal Rice & Broccoli	Beef Bolognese Pasta Bake served with Homemade Garlic Bread & Sliced Carrots	BBQ Pulled Pork served with Tortilla Wrap Mixed Salad & Coleslaw	Homemade Sausage Roll served with Herby Diced Potatoes & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden Peas
Option 2 Vegetable & Haricot Bean Stir Fry served with Wholemeal Rice	Tomato & Red Lentil Pasta Bake served with Homemade Garlic Bread & Sliced Carrots	Chilli Bean, Chickpea & Vegetable Wrap served Mixed Salad & Coleslaw	Homemade Quorn Sausage Roll served with Herby Diced Potatoes & Baked Beans	Cheddar Cheese & Vegetable Stack Wrap served with Oven Chips & Garden Peas
Dessert Freshly Cut Fruit or Organic Fruit Yoghurt or Oat Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Sliced Peaches & Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Cake

Week commencing - 16th September, 7th 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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