

Benyon Primary School Menu – Spring/Summer 2025 – Week 1

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

Red Option

Italian Beef Bolognese served with Penne Pasta, Homemade Garlic Bread & Sliced Carrots

Chicken Tikka Masala served with Wholegrain Rice, Cauliflower Florets & Naan Bread

Ashlyns Pork Sausage Toad served with Roast Potatoes, Seasonal Vegetables & Gravy

American Style BBQ Chicken served with Pasta Twists & Sweetcorn

MSC Battered Cod served with Oven Chips & Baked Beans

Blue Option

Roasted Vegetable & Red Lentil Bolognese served with Penne Pasta, Homemade Garlic Bread & Sliced Carrots

Mexican Bean Wrap served Wholemeal Mexican Rice & Salsa

Quorn Sausage Toad served with Roast Potatoes, Seasonal Vegetables & Gravy

Mozzarella Cheese & Tomato Pin Wheels served with Pasta Salad & Cucumber Sticks

Cheese & Leek Loaded Potato Skins served with Mixed Salad & Coleslaw

Dessert

Organic Fruit Yoghurt or Chocolate Chip Cookie

Freshly Cut Fruit or Organic Fruit Yoghurt

Organic Fruit Yoghurt or Iced Vanilla Sponge Cake

Freshly Cut Fruit or Organic Fruit Yoghurt

Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 21st April, 12th May, 16th June, 31st June, 7th July, 1st September, 22nd September, 13th 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
(Green Option)
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 2025 – Week 2

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

Red Option

Blue Option

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Arrabiata Pasta Bake served with Homemade Herby Garlic Bread & Mixed Salad	Pepperoni Pizza/Cheese & Tomato served with a Choice from the Deli Bar Including Potato Salad, Rainbow Coleslaw & Cucumber Sticks	Cajun Chicken served with Sweetcorn, Wholemeal Caribbean Rice & Peas	Ashlyns Beef Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	MSC Fish Fingers served with Oven Chips & Garden peas
Macaroni Cheese served with Homemade Herby Garlic Bread & Mixed Salad	Cauliflower & Chickpea Tenders served with a Choice from the Deli Bar Including Potato Salad, Rainbow Coleslaw & Cucumber Sticks	Jerk Chickpea & Roasted Vegetables served with Sweetcorn, Wholemeal Caribbean Rice & Peas	Meat Free Burger in a Bun served with Seasoned Potato Wedges & Baked Beans	Butternut Squash & Cheddar Cheese Roll served with Oven Chips & Baked Beans
Organic Fruit Yoghurt or Reduced Sugar Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Ice Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Banana Muffin

Week commencing - 28th April, 19th May, 23rd June, 14th July, 8th September, 29th September

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(Green Option)
Wholemeal bread
Choice of salads
Water



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Benyon Primary School Menu – Spring/Summer 2025 – Week 3

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Red Option

Creamy Salmon & Leek
Pasta Bake served with
Mixed Salad & Coleslaw

Beef Chilli Con Carne
served with Wholemeal
Rice & Sweetcorn

Roast Chicken with
Yorkshire Pudding served
with New Potatoes,
Seasonal Vegetables &
Gravy

Ashlyns Pork Sausage in a
Roll served with Chunky
Homemade Wedges & Baked
Beans

MSC Fish Fingers served
with Oven Chips & Garden
Peas

Blue Option

Cheese & Tomato Pizza
served with
Mixed Salad & Coleslaw

Sweet & Sour Quorn
served with Wholemeal
Rice & Sweetcorn

Sweet Potato, Red Pepper
& Lentil Risotto served with
Seasonal Vegetables

Quorn Sausage in a Roll
served with Chunky
Homemade Wedges & Baked
Beans

Spinach & Feta Cheese
Spinokopta
served with Oven Chips &
Garden Peas

Dessert

Organic Fruit Yoghurt
or
Cherry Cookies

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Organic Fruit Yoghurt
or
St Clements Sponge

Freshly Cut Fruit
or
Organic Fruit Yoghurt

Organic Fruit Yoghurt
or
Reduced Sugar Chocolate
Brownie

Week commencing - 5th May, 9th June, 30th June, 21st July, 15th September 6th October

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Available Daily ...
Jacket Potato with filling
(Green Option)
Wholemeal bread
Choice of salads
Water

