

Benyon Primary School - Autumn/Winter 2025 - Week 1

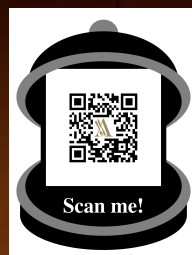
All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pepperoni Pizza served with Pasta Salad	Creamy Chicken Curry served with Basmati Rice & Green Beans	Roast Chicken & Yorkshire Pudding served with Roast Potatoes, Sliced Carrots & Broccoli, & Gravy	All Day Breakfast (includes pork chipolata & bacon) served with Wholemeal Bread & Butter	MSC Battered Cod served with Oven Chips, Baked Beans or Garden Peas
Option 2	Cheese & Tomato Margherita Pizza served with Pasta Salad	Spinach & Potato Curry served with Basmati Rice & Green Beans	Autumn Squash Stew served with Yorkshire Pudding, Roast Potatoes, Sliced Carrot & Broccoli	All Day Vegetarian Breakfast served with Wholemeal Bread & Butter	Cheese & Potato Whirl served with Oven Chips, Baked Beans or Peas
Dessert	Organic Fruit Yoghurt or Reduced Sugar Chocolate Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Ice Cream	Organic Fruit Yoghurt or Fruit Jelly	Organic Fruit Yoghurt or Apple & Raisin Muffin

Week commencing - 3rd November, 24th November, 15th December, 19th January, 9th February, 9th March

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 information

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 - Autumn/Winter 2025 - Week 2

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	Oven Baked Macaroni Cheese served with Homemade Garlic Bread & Mixed Salad	Spanish Chicken served with Basmati Rice & Green Beans	Homemade Pork Sausage Roll served with Herby Diced Potatoes & Baked Beans	Italian Beef Bolognese served with Wholemeal Penne Pasta & Sweetcorn	MSC Fish Fingers served with Oven Chips & Garden Peas
Option 2	Salmon & Tuna Pasta Bake served with Homemade Garlic Bread & Mixed Salad	Spanish Quorn Pieces served with Basmati Rice & Green Beans	Homemade Vegan Sausage Roll served with Herby Diced Potatoes & Baked Beans	Vegetable Bolognese served with Wholemeal Penne Pasta & Sweetcorn	Homemade Baked Vegetable Samosa served with Oven Chips & Garden Peas
Dessert	Organic Fruit Yoghurt or Lemon Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Chocolate Sponge & Chocolate Sauce

Week commencing - 10th November, 1st December, 5th January, 26th January, 23rd February, 16th March,

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Available Daily ...
 Jacket Potato with filling
 Wholemeal Bread
 Choice of Salads
 Water

Benyon Primary School – Autumn/Winter 2025 – Week 3

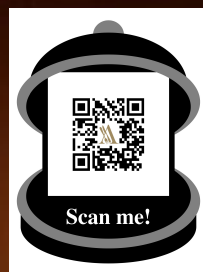
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	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Ham Pizza or Cheese & Tomato Pizza served with a Pasta Salad	Chicken & Tomato Wholemeal Pasta Bake served with Garlic Bread & Cucumber	Minced Beef Pie served with Creamy Mashed Potatoes, Shredded Cabbage, Sliced Carrots & Gravy	Beef Burger in a Bun served with Seasoned Potato Wedges & Sweetcorn	MSC Battered Cod served with Oven Chips, Garden Peas
Option 2	Creamy Cheese & Tomato Rissotto served with Sautéed Courgette	Pepper & Tomato Pasta served with Garlic Bread & Cucumber	Cheese Potato & Leek Pie served with Shredded Cabbage, Sliced Carrots & Gravy	Quorn Burger In a Bun served with Seasoned Potato Wedges & Sweetcorn	Baked Courgette & Sliced Potato Frittata served with Garden Peas
Dessert	Organic Fruit Yoghurt or Spiced Oat Cookie	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Jam & Coconut Sponge served with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt	Organic Fruit Yoghurt or Chocolate Cornflake Cake

Week commencing - 17th November, 8th December, 12th January, 2nd February, 2nd March, 23rd March

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Available Daily ...
Jacket Potato with filling
Wholemeal Bread
Choice of Salads
Water



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