

# St Albans Catholic Academy 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 - 15th April, 6th May, 3rd June, 24th June, 15th July, 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



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

# St Albans Catholic Academy 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 - 22nd April, 13th May, 10th June, 1st July, 22nd July, 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



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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)



# St Albans Catholic Academy Menu – Spring/Summer 2024 – Week 3

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

## 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 - 29th April, 20th May, 17th June, 8th July, 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](mailto:info@ashlyns.co.uk) [www.ashlyns.co.uk](http://www.ashlyns.co.uk)

