St Peter's London Docks Primary School Menu Autumn/Winter 2026/27 – Week 1

Weeks Commencing: 2nd November, 23rd November, 14th December, 18th January, 8th February & 8th March

WK 1	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	**Spinach, Potato, Chickpea Coconut Curry** with Coriander Wholemeal Rice, Pitta Fingers & a Cucumber, Red Onion & Tomato Salsa (Ve)	**Cajun Lentil & Tomato Pasta Bake** with Herby Bread & a Sweetcorn & Pea Medley (Ve)	**Roast Chicken Thigh** with Roast Potatoes, Roasted Winter Vegetables & Gravy	**Plant Based Cottage Pie** with Carrots, Savoy Cabbage & Gravy (Ve)	**MSC Battered Fish Fillet** with Chips & Peas
Option 2		**Cajun Chicken Pasta Bake** with Herby Bread & a Sweetcorn & Pea Medley	**Hearty Lentil Roasted Loaf** with Roasted Potatoes, Roasted Winter Vegetables & Gravy (Ve)	**Chilli Beef** with Wholemeal Rice, Carrots & Savoy Cabbage	**Cheese & Potato Whirl** with Chips & Peas (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Syrup Sponge & Custard (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Lemon Drizzle Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Vanilla Shortbread Biscuit (Ve)

Available Daily … Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(Ve) = Vegan
(V) = Vegetarian

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ASHLYNS, High Laver Hall, Ongar, Essex, CM5 0DU. Tel: 01277 890411/821 E-mail: info@ashlyns.co.uk www.ashlyns.co.uk

St Peter's London Docks Primary School Menu Autumn/Winter 2026/27 – Week 2

Weeks Commencing: 9th November, 30th November, 4th January, 25th January, 22nd February & 15th March

WK 2	Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	**Sweet Potato & Lentil Curry** with Fragrant Rice, Teardrop Naan Bread & Roasted Cauliflower Florets (Ve)	**BBQ Chickpea Mac 'n' Cheese** with Garlic Bread & Agave Glazed Carrots (Ve)	**Chicken Korma** with Golden Vegetable Wholemeal Rice & Roasted Green Beans	**Veggie Burger in a Bun** with Seasoned Wedges & Baked Beans (Ve)	**MSC Fish Fingers or Omega 3 Fishcakes** with Chips & a Buttered Sweetcorn & Garden Pea Medley
Option 2		**BBQ Chicken Mac 'n' Cheese** with Garlic Bread & Honey Glazed Carrots	**Smokey Vegetable & Lentil Curry** with Golden Vegetable Wholemeal Rice & Roasted Garlic Green Beans (Ve)	**Ashlyns Beef Burger in a Bun** with Seasoned Wedges & Baked Beans	**Plant Based Fish Fingers** with Chips & a Buttered Sweetcorn & Garden Pea Medley (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Oaty Blueberry Muffin (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Apple Crumble with Single Cream (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Choc Chip Shortbread Biscuit

Available Daily … Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

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(V) = Vegetarian

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St Peter's London Docks Primary School Menu Autumn/Winter 2026/27 – Week 3

Weeks Commencing: 16th November, 7th December, 11th January, 1st February, 1st March & 22nd March

WK 3	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	**Sweetcorn, Red Onion, Tomato & Roasted Chickpea Topped Pizza** with Seasoned Wedges & Mixed Salad (Ve)	**Chicken Sausage** with Steamed Potatoes, Mixed Vegetables & Onion Gravy	**Pasta Shells in a Roasted Vegetable, Lentil & Tomato Sauce** with Broccoli Florets (Ve)	**Chilli Con Carne** with Wholemeal Rice, Garlic Green Beans & Sour Cream	**Mixed Bean & Vegetable Puff** with Chips & Rainbow Slaw (Ve)
Option 2	**Classic Italian Style Cheese & Tomato Pizza** with Seasoned Wedges & Mixed Salad (V)	**Plant Based Sausage** with Steamed Potatoes, Mixed Vegetables & Onion Gravy (Ve)	**Tuscan Creamy chicken with Pasta Shells** with Broccoli Florets	**Chilli Non Carne** with Wholemeal Rice, Garlic Green Beans & Vegan Sour Cream (Ve)	**MSC Battered Fish Fillet** with Chips & Peas
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Plant Based Yoghurt (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Rice Pudding with an option of Apple & Cinnamon Puree (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Jam & Coconut Sponge (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

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Available Daily … Planet Friendly Monday Jacket Potato & Filling (Ve)
Jacket Potato & filling (V, Ve)
Wholemeal Bread (Ve), Choice of Salads (Ve) & Water

(Ve) = Vegan
(V) = Vegetarian

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