

London Fields Autumn/Winter 2018/19 – Week 1

Option 1

Cheese & Tomato
Wholemeal Quiche with
New Potatoes, Carrots &
Gravy

Traditional Spaghetti
Bolognese, "Home Made"
Garlic Bread & Mixed Salad

Seasoned Chicken Thigh
(boneless) with Rice and
Seasonal Roasted
Vegetables

Ashlyns Cheese Burger
with Pasta Salad &
Coleslaw

Omega 3 Fish Fingers with
Oven Chips and Baked
Beans

Option 2

Baked Courgette in a Basil
& Tomato Sauce with Rice
& Seasonal Roasted
Vegetables

Lentil & Vegetable
Spaghetti Bolognese,
"Home Made" Garlic Bread
& Mixed Salad

Spiced Chick Pea &
Vegetable Curry served with
Rice & Mango Chutney

Meat Free Burger with
Pasta Salad & Coleslaw

Roasted Leek, Red Onion
& Feta Cheese Wholemeal
Tart with Oven Chips &
Mixed Salad

Dessert

Freshly Cut Fruit
or
Natural Yoghurt & Fruit
Compote

Freshly Cut Fruit
or
Natural Yoghurt & Fruit
Compote
or
Lemon Shortbread

Freshly Cut Fruit
or
Natural Yoghurt & Fruit
Compote

Freshly Cut Fruit
or
Natural Yoghurt & Fruit
Compote
or
Fruit Flapjack

Freshly Cut Fruit
or
Natural Yoghurt & Fruit
Compote
or
Jam Sponge & Custard

Week commencing - 29th Oct, 19th Nov, 10th Dec, 7th Jan, 28th Jan, 25th

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

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.
Or visit <http://j.mp/2EaNvyS>

ASHLYNS
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London Fields Autumn/Winter 2018/19 – Week 2

Option 1

Option 2

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza with Pasta Salad & Coleslaw	Hot & Kicking Chicken (boneless thigh) with Mexican Rice & Green Beans	Roast Beef with Yorkshire Pudding, Roast Potatoes, Carrots, Broccoli & Gravy	Chicken Sausage “Hot Dog” with Caramelised Red Onions, Potato Wedges & Baked Beans	Lime & Chilli Infused Salmon Pasta Bake & Garden Peas
Option 2	Meditarranean Pizza with Pasta Salad & Coleslaw	Mexican Lentil & Potato Casserole with Mexican Rice & Green Beans	Roasted Vegetable & Lentil Wholemeal Tart with Roast Potatoes, Carrots & Gravy	Quorn Sausage “Hot Dog” with Caramelised Red Onions, Potato Wedges & Baked Beans	Macaroni Cheese With Herby Bread & Garden Peas
Dessert	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Oat & Ginger Cookie	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Iced Dutch Apple & Cinnamon Cake	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Frozen Yoghurt

Week commencing - 5th Nov, 26th Nov, 17th Dec, 14th Jan, 4th Feb, 4th Mar, 25th Mar

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

Available Daily ...
 Jacket Potato with filling
 Wholemeal bread
 Choice of salads
 Water



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 Or visit <http://j.mp/2Eee5qX>

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London Fields Autumn/Winter 2018/19 – Week 3

Option 1

Option 2

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pasta Bake with "Home Made" Garlic Bread & Broccoli	All Day Breakfast (Sausage, Scrambled Egg, Hash Brown & Baked Beans)	Roast Chicken Thigh (boneless) with Stuffing, New Potatoes, Carrots, Cabbage & Gravy	Beef Chilli with Rice, Sweetcorn & Minted Cucumber Raita	MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Garden Peas (Tartare Sauce available)
Pesto Pasta with Cannelloni Beans served with "Home Made" Garlic Bread & Salad	Vegetarian All Day Breakfast (Vegetarian Sausage, Scrambled Egg, Hash Brown & Baked Beans)	Covent Garden Pie with New Potatoes, Carrots, Cabbage & Gravy	Smokey Bean Bredie with Rice, Sweetcorn & Minted Cucumber Riata	Wholemeal Tortilla Cheese & Bean Stack Wrap with oven Chips & Garden Peas
Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Apple Crumble & Custard	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Chocolate Sponge & Chocolate Sauce	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Frozen Yoghurt

Week commencing - 12th Nov, 3rd Dec, 31st Dec, 21st Jan, 11th Feb, 11th Mar, 1st Apr

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

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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