

London Fields Primary School Spring/Summer 2019 - Week 1

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza served with Ashlyns Pasta Salad	Mild Beef Chilli served with Coriander Rice, Garden Peas & Carrots	Roasted Boneless Chicken Thigh served with Stuffing, Roast Potatoes, Broccoli, Cauliflower & Gravy	MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Sweetcorn (Tartare Sauce available)	Chicken Jollof Rice served Red Cabbage Coleslaw
Mediterranean Pizza served with Ashlyns Pasta Salad	Quorn & Vegetable Chilli served with Coriander Rice, Garden Peas & Carrots	Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Broccoli, Cauliflower & Gravy	Roasted Vegetable & Mixed Bean Wholemeal Enchiladas served with Oven Chips & Sweetcorn	Vegetable & Bean Jollof Rice served Red Cabbage Coleslaw
Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit

Week commencing - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September & 14th October

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/2TCbGch>

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

London Fields Primary School Spring/Summer 2019 – Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable & Bean Arrabbiata served with Wholemeal Pasta Spirals & Mixed Salad	Chicken Jalfrezi served with Turmeric Rice, Minted Yoghurt, Roasted Cauliflower & Peas	Roast Turkey & Stuffing, Roast Potatoes, Carrots, Cabbage & Gravy	Salmon & Tomato Pasta served with a Mixed Leaf Salad	Ashlyns Beef Burger served with Oven Chips and Baked Beans (no roll)
Option 2	Spinach & Ricotta Frittata served with Mixed Salad	Sweet Potato & Lentil Korma served with Turmeric Rice, Roasted Cauliflower & Peas	Sweetcorn, Chickpea & Potato Whirl served with a few Roast Potatoes, Carrots, Cabbage & Gravy	Cheese & Tomato Pasta served with a Mixed Leaf Salad	Quorn Burger served with Oven Chips and Baked Beans (no roll)
Dessert	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit

Week commencing - 6th May, 3rd June, 24th June, 15th July, 9th September & 30th September

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/2TD7mcs>

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London Fields Primary School Spring/Summer 2019 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Jacket Potato with a variety of fillings including Quorn & Vegetable Chilli served with a selection from the Salad Bar	MSC Cod Fish Fingers served with Oven Chips, Sweetcorn and a Lemon Wedge	Beef Bolognese and Spaghetti served with Peas & Carrots	Homemade Beef Puff Pastry Sausage Roll served with Herby Diced Potatoes & Baked Beans	BBQ Boneless Chicken Thigh served with Basmati Rice, Cauliflower & Broccoli
Option 2	Jacket Potato with a variety of fillings including Quorn & Vegetable Chilli served with a selection from the Salad Bar	Cheesy Wholemeal Stack Wrap served with Oven Chips and Sweetcorn	Roasted Vegetable & Mixed Bean Ratatouille and Spaghetti served with Peas & Carrots	Homemade Puff Pastry Quorn Sausage Roll served with Herby Diced Potatoes & Baked Beans	BBQ Bean Casserole served with Basmati Rice, Cauliflower & Broccoli
Dessert	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit

Week commencing - 13th May, 10th June, 1st July, 22nd July, 16th September & 7th October

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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