

# London Fields Primary School – Week 1

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Spiced Barbecue Chicken Drumstick served with Basmati Rice & Broccoli Florets  (G, E, Sb, M, Ce, Mu)	Mediterranean Pizza Slice served with Mixed Salad & Coleslaw  (G, E, Sb, M, Ce)	Roast Breast of Turkey and Stuffing served with Roast Potatoes, Cauliflower & Carrots  (G)	Chilli Beef & Pepper Wholemeal Burrito served with Garlic Bread & Salsa  (G, Sb, M, Ce)	Breaded Fillet of Cod served with Oven Chips & Peas  (G, F, Mu)
<b>Option 2</b>	Vegetable & Quorn Chilli served with Basmati Rice & Broccoli Florets  (G, E, M, Ce)	Cheese & Tomato Pizza Slice served with Mixed Salad & Coleslaw  (G, E, Sb, M, Ce)	Spicy Bean Casserole served with Roast Potatoes, Cauliflower & Carrots  (Ce)	Smoked Paprika & Tomato Wholemeal Pasta Bake served with Garlic Bread & Salsa  (G, Sb, Ce, Su)	Mushroom, Spinach & Brown Rice stuffed Pepper served with Peas & Oven Chips  (M)
<b>Dessert</b>	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Fruit Jelly (No allergens)	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Apple Crumble & Custard (G, E, Sb, M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Cookie (G, Sb, M)

Week commencing - 11th April, 2nd May, 23rd May, 20th June, 11th July, 5th September, 26th September, 17th October.

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

### Allergen coding

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)  
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),  
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

**ASHLYNS**

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# London Fields Primary School - Week 2

## Option 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	Traditional Beef Bolognese served with Wholemeal Pasta & Courgettes  (G, M, Ce)	Chicken Balti served with Tumeric Rice & Peas & Cauliflower  (No allergens)	Roast Topside of Beef & Yorkshire Pudding, Roast Potatoes, Steamed Cabbage, Carrots & Gravy  (G, E, M)	Ashlyns Chicken Sausage served in a Roll with Chunky Potato Wedges & Baked Beans  (G, Se)	Battered Cod Fillet served with Oven Chips and Peas  (G, F, M)
	Vegetable & Lentil Bolognese served with Wholemeal Pasta & Courgettes  (G, M, Ce)	Sweet Potato, Pepper & Lentil Curry served with Tumeric Rice, Peas & Cauliflower  (No allergens)	Cheese & Potato Whirl served with Roast Potatoes, Steamed Cabbage, Carrots & Gravy  (G, M, Mu)	Quorn Sausage served in a Roll with Chunky Potato Wedges & Baked Beans  (G, E, M, Se)	Cheesy Stack Wrap served with Oven Chips & Peas  (G, M)
	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Brownie (G, E, M)	Freshly cut fruit or Organic fruit Yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Creamy Rice Pudding (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Flapjack (G, M)

## Option 2

## Dessert

Week commencing - 18th April, 9th May, 6th June, 27th June, 18th July, 12th September, 3rd October

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

### Allergen coding

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)  
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),  
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

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# London Fields Primary School – Week 3

**Option 1**

**Option 2**

**Dessert**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Lemon infused Chicken Fillet served with Long Grain Rice & Vegetable Ratatouille  (No allergens)	Creamy Macaroni Cheese served with Garlic Bread & Peas  (G, Sb, M, Mu)	Roast Chicken Thigh served with Roast Potatoes, Carrots & Spring Cabbage  (No allergens)	Ashlyns Beef Burger in a Bun served with Chunky Potato Wedges & Mixed Salad  (G, Se, Su)	Breaded Fish Fingers served with oven chips and Baked Beans  (G, F, M)
<b>Option 2</b>	Spinach & Ricotta Frittata served Long Grain Rice & Vegetable Ratatouille  (E, M)	Poached Salmon, Dill & Broccoli Pasta served with Garlic Bread & Peas  (G, F, M)	Mushroom & Lentil Roast served with Roast Potatoes, Carrots & Spring Cabbage  (G, Sb, Su)	Vegetarian Burger in a Bun served with Chunky Potato Wedges & Mixed Salad  (G, E, M, Se)	Roasted Leek, Red Onion & Feta Cheese Wholemeal Pastry Tart served with Oven Chips & Baked Beans  (G, E, M)
<b>Dessert</b>	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Shortbread (G, M)	Freshly cut fruit or Organic fruit yoghurt (M)	Freshly cut fruit or Organic fruit yoghurt (M) or Chocolate Sponge & Chocolate Sauce (G, E, Sb, M)	Freshly cut fruit or Organic fruit yoghurt (M) or Ice Cream (M)

Week commencing - 25th April, 16th May, 13th June, 4th July, 29th August, 19th September, 10th October

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

**Allergen coding**

Cereals containing gluten (G), Crustaceans (Cr), Eggs (E), Fish (F)  
Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce),  
Mustard (Mu), Sesame (Se), Sulphites (Su), Lupin (L), Molluscs (Mo)

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