

London Fields Primary School Spring/Summer 2019 - Week 1

Option 1

Option 2

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza Pasta Salad	Beef Chilli Rice Peas & Carrots	Chicken & Stuffing Roast Potatoes Broccoli & Cauliflower Gravy	Fish Chips Sweetcorn	Chicken Jollof Rice Coleslaw
Mixed Pepper Pizza Pasta Salad	Vegetable Chilli Rice Peas & Carrots	Vegetable Pasty Roast Potatoes Broccoli & Cauliflower Gravy	Vegetable Wrap Chips Sweetcorn	Vegetable & Bean Jollof Rice 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
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London Fields Primary School Spring/Summer 2019 – Week 2

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pasta Tomato Sauce Salad	Chicken Curry Rice Cauliflower & Peas	Turkey & Stuffing Roast Potatoes Carrots & Cabbage Gravy	Pasta Salmon & Tomato Sauce Salad	Beef Burger Chips Beans
Option 2	Omelette Salad	Vegetable Curry Rice Cauliflower & Peas	Potato Whirl Carrots & Cabbage Gravy	Pasta Cheese & Tomato Sauce Salad	Quorn Burger Chips Beans
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



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/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 Filling Salad	Fish Fingers Chips Sweetcorn	Beef Bolognaise Spaghetti Peas & Carrots	Sausage Roll Diced Potatoes Baked Beans	BBQ Chicken Rice Cauliflower & Broccoli
Option 2	Jacket Potato Filling Salad	Cheese Wrap Chips Sweetcorn	Vegetable Stew Spaghetti Peas & Carrots	Quorn Sausage Roll Diced Potatoes Baked Beans	BBQ Bean Casserole 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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Or visit <http://j.mp/2TFIORY>

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