

London Fields Primary School - Week 1

Main Dish Options

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
	Sweet Tomato & Cheese Pasta Bake served with Peas and Carrots	Chicken Jollof Rice served with Roasted Seasonal Vegetables	Roast Topside of Beef served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Chicken Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Battered Fillet of Cod served with Oven Chips and Garden Peas
	Salmon & Potato Puff served with Peas and Carrots	Spinach & Ricotta Frittata served with Roasted Seasonal Vegetables	Roast Vegetable & Lentil Strudel served with Roast Potatoes, Seasonal Vegetables and Gravy	Handmade Quorn Sausage Puff Pastry Roll served with Minted Crushed New Potatoes and Baked Beans	Chickpea & Aubergine Tagine served with Basmati Rice
	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice cream	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 17th April, 8th May, 5th June, 26th June, 17th July, 18th September and 9th October

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/2mNt7uN>

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London Fields Primary School – Week 2

Main Dish Options

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Chow Mein served with Noodles and Haricot Beans	Beef Bolognese served with Pasta and Seasonal Vegetables	Roast Chicken Thigh served with Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads	MSC Cod Fish Fingers served with Oven Chips and Baked Beans
Sweet Potato & Lentil Korma served with Coriander Rice and Garden Peas	Vegetable & Lentil Bolognese served with Pasta and Seasonal Vegetables	Roasted Leek, Red Onion & Feta Cheese Wholemeal Tart served with Seasonal Vegetables	Meat Free Burger in a Roll served with a selection from the Deli Bar including Rice or Pasta Salads	Cheddar Cheese & Vegetable Stack Wrap served with Oven Chips and Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 24th April, 15th May, 12th June, 3rd July, 4th September, 25th September and 16th October

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/2mNoPUg>

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London Fields Primary School - Week 3

Main Dish Options

Dessert

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and Tomato Pizza served with Mixed Salad and Coleslaw	BBQ Chicken Thigh served with Basmati Rice and Sweetcorn	Roast Chicken Fillet served with Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy	Beef Lasagne served with Herbed Flat Bread and Mixed Salad	Battered Cod Fillet served with Oven Chips and Baked Beans
Mediterranean Pizza served with Mixed Salad and Coleslaw	BBQ Quorn Fillet served with Basmati Rice and Sweetcorn	Cheese & Tomato Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Vegetable & Lentil Lasagne served with Herbed Flat Bread and Mixed Salad	Roasted Vegetable & Mixed Bean Wholemeal Enchiladas served with Oven Chips and Baked Beans
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly and Cream	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Apple & Pear Crumble with Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Carrot Cake

Week commencing - 1st May, 22nd May, 19th June, 10th July, 11th September and 2nd October

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/2mNst09>

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