

# London Fields Autumn 2017 – Week 1

**Main Dish Options**

**Dessert**

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Cheese & Vegetable Pasta Bake served with Mixed Salad	Chicken Jalfrezi served with Basmati Rice & Cauliflower Florets	Roast Breast of Chicken served with Stuffing, Roast Potatoes, Seasonal Vegetables and Gravy	Ashlyns Beef Burger in a Bun served with New Potatoes and Baked Beans	MSC Battered Fillet of Cod served with Oven Chips and Garden Peas
Lime & Chilli Infused Baked Salmon served with Pasta Spirals and Mixed Salad	Vegetable & Lentil Biryani served with Cauliflower Florets	Cheese & Tomato Wholemeal Quiche served with Roast Potatoes, Seasonal Vegetables and Gravy	Meat Free Burger in a Bun served with New Potatoes and Baked Beans	Roasted Vegetable & Lentil Strudel served with Oven Chips and Garden Peas
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 Sultana Sponge and Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream Pot

Week commencing - 30th October, 20th November, 11th December, 8th January, 29th January, 26th February and 19th March

*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/2hB7xb6>

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# London Fields Autumn 2017 – Week 2

**Main Dish Options**

**Dessert**

Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads	Traditional Beef Bolognese served with Wholemeal Pasta Spirals & Courgettes	Roast Topside of Beef & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy	Cajun Chicken Thighs served with Long Grain Rice and Peas	MSC Cod Fish Fingers served with Oven Chips and Baked Beans
Fiesta Pizza served with a choice from the Deli Bar which includes Pasta and Potato Salads	Vegetable & Lentil Bolognese served with Wholemeal Pasta Spirals & Courgettes	Cheese & Potato Whirl served with Roast Potatoes, Seasonal Vegetables and Gravy	BBQ Quorn Fillet served with Long Grain Rice and Peas	Spanish Omelette served with Oven Chips and Baked Beans
Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Banana Sponge & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Fruit Flapjack

Week commencing - 6th November, 27th November, 18th December, 15th January, 5th February, 5th March and 26th March

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

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# London Fields Autumn 2017 – Week 3

## Main Dish Options

## Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
	Creamy Macaroni Cheese served with 'Home Made' Garlic Bread and Peas	Ashlyns Chicken Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Roast Chicken Thigh served with Roast Potatoes, Seasonal Vegetables and Gravy	Moroccan Lamb served with Braised Rice	MSC Battered Cod Fillet served with Oven Chips and Baked Beans
	Tuna & Tomato Pasta Bake served with 'Home Made' Garlic Bread and Peas	Ashlyns Meat Free Sausage served with Creamy Potatoes, Sweetcorn and Gravy	Lentil Cottage Pie served with Seasonal Vegetables and Gravy	Sweet Potato & Lentil Korma	Cheesy Wholemeal Wrap Stack served with Oven Chips and Baked Beans
	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Dutch Apple Cake & Custard	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 Chocolate Sponge & Chocolate Sauce

Week commencing - 13th November, 4th December, 1st January, 22nd January, 19th February and 12th March

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



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