

London Fields Primary School Spring/Summer 2018 - Week 1

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza served with Spicy Potato Wedges & Coleslaw	Chicken Fajitas served with a selection from the Deli Bar including Rice & Pasta Salads	Seasoned Chicken Thigh served with Fragrant Rice & Seasonal Vegetables	Savoury Mince filled Yorkshire Pudding served with New Potatoes, Carrots & Broccoli	Omega 3 Fish Fingers with a Lemon Wedge served with Chips and Garden Peas
Option 2	Salmon & Tomato Wholemeal Pasta Bake served with Mixed Salad	Vegetable & Bean Wholemeal Enchiladas served with a selection from the Deli Bar including Rice & Pasta Salads	Vegetable & Bean Chow Mein served with Oriental Rice	Savoury Quorn Mince filled Yorkshire Pudding served with New Potatoes, Carrots & Broccoli	Spinach & Ricotta Omelette served with Chips and Garden Peas
Dessert	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Fruit Flapjack	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Lemon Curd Sponge	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Ice Cream

Week commencing - 16th April, 8th May, 4th June, 25th June, 16th July, 3rd September, 24th September & 15th 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/2IXZZIE>

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London Fields Primary School Spring/Summer 2018 – Week 2

Option 1

Option 2

Dessert

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pasta Bake served with Homemade Garlic Bread and Sweetcorn	Beef in Black Bean Sauce & Bean Shoots served with Rice, Carrots and Sweetcorn	Roast Turkey and Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Homemade Chicken Sausage Roll served with Minted Crushed New Potatoes and Baked Beans	MSC Battered Cod Fillet and Tartare Sauce served with Chips and Garden Peas
Option 2	Sweet Potato, Pepper & Lentil Risotto served with Homemade Garlic Bread	Martinique Vegetable & Chickpea Curry served with Turmeric Rice, Carrots and Sweetcorn	Caramelised Red Onion, Cheese & Cherry Tomato Wholemeal Tart served with Roast Potatoes & Seasonal Vegetables	Homemade Vegetarian Sausage Roll served with Minted Crushed New Potatoes and Baked Beans	Spanish Omelette served with Chips and Garden Peas
Dessert	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Fruit Jelly & Cream	Freshly Cut Fruit or Frozen Yoghurt	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Shortbread	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Oaty Tart

Week commencing - 23rd April, 14th May, 11th June, 2nd July, 10th September & 1st 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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London Fields Primary School Spring/Summer 2018 - Week 3

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Homemade Garlic Bread and Mixed Salad	Beef Chilli & Bean Wrap served with Coleslaw and a choice from the Deli Bar	Roast Chicken Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	Jollof Chicken served with Rice & Peas	Ashlyns Beef Burger served with Chips and Baked Beans
Option 2	Chickpea, Pepper & Tomato Pasta served with Homemade Garlic Bread and Mixed Salad	Cheese & Tomato Wholemeal Flan served with Coleslaw and Potato Salad	Quorn Fillet served with Roast Potatoes, Seasonal Vegetables and Gravy	Vegetable & Bean Jollof served with Rice & Peas	Meat Free Burger served with Chips and Baked Beans
Dessert	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Frozen Yoghurt	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Iced Chocolate Sponge	Freshly Cut Fruit or Natural Yoghurt & Fruit Compote or Mixed Fruit Cookie

Week commencing - 30th April, 21st May, 18th June, 9th July, 17th September & 8th 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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