

St Peter's London Docks Primary School Menu - Week 1

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Peri-Peri Cannellini Beans in a Sweet Tomato Pasta served with Herby Bread & a Pea & Sweetcorn Medley (Ve)	Planet Friendly Meatball Topped Pizza served with Seasoned Wedges & a Mixed Salad (Ve)	Jerk Chicken served with Rice & Peas & Caribbean Coleslaw	Roasted Cauliflower & Chickpea Kofta Strips served with Toasted Wholemeal Pitta Slices & a Sweetcorn Salsa (Ve)	MSC Fish Fingers served with Oven Chips & Baked Beans
Option 2	Mexican Style Vegetable & Lentil Chilli served with Mexican Rice & a Pea & Sweetcorn Medley (Ve)	Cheese & Tomato Pizza served with Seasoned Wedges & a Mixed Salad (V)	Jerk Quorn Fillet served with Rice & Peas & Caribbean Coleslaw (Ve)	Beef Kofta Strips served with Toasted Wholemeal Pitta Slices & a Sweetcorn Salsa	Mixed Bean & Vegetable Puff served with Oven Chips & Rainbow Slaw (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Fruit Flapjack (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Summer Berry Crumble with Cream (V) or (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Fruit Jelly (V)

W/C - 13th April, 4th May, 1st June, 22nd June, 13th July, 14th September and 5th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato & Filling (V,Ve)
(But No Tuna on Monday's)
Wholemeal Bread (Ve)
Choice of Salads (Ve)
Water



Scan me!

This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

ASHLYNS

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St Peter's London Docks Primary School Menu - Week 2

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

Option 1

Option 2

Dessert

Low Carbon Monday	Tuesday	Wednesday	Thursday	Friday
Spinach, Potato, Chickpea & Coconut Curry served with Fragrant Rice, Naan Bread & Garlic Roasted Green Beans (Ve)	Salmon & Tuna Pasta Bake served with Garlic Bread & Mixed Salad	Jacket Potato Day with a variety of fillings including Coronation Chicken Beef Chilli Rainbow Chilli (Ve) Tuna & Mayo Grated Cheese (V) Baked Beans (Ve) Mixed Salad Cart (Ve)	American Style BBQ Chicken & Baked Beans served with Savoury Vegetable Rice	Ashlyns Beef Burger in a Bun served with Oven Chips & Baked Beans
Martinique Curry served with Fragrant Rice, Naan Bread & Garlic Roasted Green Beans (Ve)	Cajun Lentil & Tomato Wholemeal Pasta Bake served with Garlic Bread & Mixed Salad (Ve)		BBQ Boston Beans served with Savoury Vegetable Rice	Planet Friendly Burger in a Bun served with Oven Chips & Baked Beans (Ve)
Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Peach Melba Crunch (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Oaty Blueberry Muffin (Ve)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

W/C - 20th April, 11th May, 8th June, 29th June, 1st September 21st September and 12th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible

Available Daily...
Jacket Potato & Filling (V,Ve)
(But No Tuna on Monday's)
Wholemeal Bread (Ve)
Choice of Salads (Ve)
Water



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St Peter's London Docks Primary School Menu - Week 3

Vegetarian = (V) Vegan = (Ve). All vegetarian and vegan dishes are thoughtfully crafted to include a nutritious source of protein.

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese served with Garlic Bread & a Mixed Salad (V)	Planet Friendly Sausages served with Herby Diced Potatoes & Baked Beans (Ve)	Traditional Chicken Stew served with Savoury Rice & Roasted Garlic Green Beans	Italian Style Beef Lasagne served with a Mixed Salad	MSC Fish Fingers served with Chips, Sweetcorn & a Lemon Wedge
Option 2	Curried Club Dahl served with Coriander Rice & a Crispy Chickpeas in a Coriander Yoghurt (Ve)	Chicken Sausages served with Herby Diced Potatoes & Baked Beans	Butter Bean & Vegetable Stew served with Savoury Rice & Roasted Garlic Green Beans (Ve)	Aubergine & Lentil Lasagne served with a Mixed Salad (Ve)	Caramelised Red Onion, Cheese & Cherry Tomato Tart served with Chips & Sweetcorn (Ve)
Dessert	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt or Apple & Raisin Cake (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Jam & Coconut Slice (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V) or Ice Cream (V)

W/C - 27th April, 18th May, 15th June, 6th July, 7th September, 28th September and 19th October

Our fish is Marine Stewardship Council approved. All Deserts are Reduced Sugar where possible



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