



Scan this QR code to view nutritional and allergen information for this menu

Writtle & Highwood Spring/Summer 2019 Week 1

Monday

Main

Meat Feast Pizza (434kcal)

served with rice salad & Coleslaw

Allergens contained:

Eggs, Gluten, Milk, Soya

Cheese and Tomato Pizza (414kcal)

served with rice salad and coleslaw

Allergens contained:

Eggs, Gluten, Milk, Soya

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk

Dessert

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Strawberry, Raspberry or Mango & Vanilla

Allergens contained:

Milk



Tuesday

Main

Italian Style Beef Meatballs in a rich Tomato & Basil Sauce (422kcal)

served with pasta quills & sweetcorn

Allergens contained:

Gluten, Sulphur Dioxide

Italian Style Quorn Pieces in a Rich Tomato & Basil Sauce (311kcal)

served with pasta quills and sweetcorn

Allergens contained:

Eggs, Gluten, Sulphur Dioxide

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk



Dessert

Lemon Drizzle Cake (275kcal)

Allergens contained:
Eggs, Gluten, Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:
Milk



Wednesday

Main

Roast Chicken Thighs (893kcal)

served with sage and onion stuffing, roast potatoes, seasonal vegetables and gravy

Allergens contained:
Celery, Eggs, Gluten, Milk, Mustard, Soya, Sulphur Dioxide

Roast Quorn Fillet with Sage & Onion Stuffing (465kcal)

with Roast Potatoes, Seasonal Vegetables & Gravy

Allergens contained:
Celery, Eggs, Gluten, Milk, Mustard, Soya, Sulphur Dioxide

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:
Eggs, Fish, Milk



Dessert

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:
Milk



Thursday

Main

Homemade Pork Sausage Puff Pastry Roll (473kcal)

served with new potatoes and baked beans

Allergens contained:
Eggs, Gluten, Sulphur Dioxide

Quorn Sausage (337kcal)

served with crushed new potatoes and baked beans

Allergens contained:
Eggs, Gluten, Milk

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:
Eggs, Fish, Milk



Dessert

Chocolate Krispies (145kcal)

Allergens contained:
Gluten, Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:
Milk



Friday

Main

MSC Battered Fish (397kcal)

served with oven chips and peas

Allergens contained:

Fish, Gluten, Milk

Spanish Omelette (419kcal)

served with oven chips and garden peas

Allergens contained:

Eggs

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or

Baked Beans

Allergens contained:

Eggs, Fish, Milk

Dessert

Chocolate Krispies (145kcal)

Allergens contained:

Gluten, Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal

