



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

# Writtle & Highwood Autumn/Winter Week 1 2018/19

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## Monday

### Main

#### **Cheese & Bacon Pasta Bake (515kcal)**

served with a herby bread and mixed salad

Contains:

**Gluten, Milk, Mustard**

#### **Vegetable & Lentil Pasta Bake (564kcal)**

with homemade garlic bread & mixed salad

Contains:

**Gluten, Sulphur Dioxide**

#### **Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

**Eggs, Fish, Milk**

### Dessert

#### **Freshly Cut Fruit (96kcal)**

#### **Yeo Valley Organic Yoghurt (76kcal)**

Strawberry, Raspberry or Mango & Vanilla

Contains:

**Milk**



## Tuesday

### Main

#### **Southern Style Breaded Chicken (751kcal)**

with braised vegetable rice

Contains:

**Celery, Eggs, Fish, Gluten, Milk, Mustard, Soya, Sulphur Dioxide**

#### **Southern Style Breaded Quorn Strips (349kcal)**

with braised vegetable rice

Contains:

**Celery, Eggs, Fish, Gluten, Milk, Mustard, Soya, Sulphur Dioxide**

#### **Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

**Eggs, Fish, Milk**



Dessert

**Lemon Butter Shortbread Biscuits (246kcal)**

Contains:

**Gluten**

**Freshly Cut Fruit (96kcal)**

**Yeo Valley Organic Yoghurt (76kcal)**

Contains:

**Milk**



## Wednesday

Main

**Roast Topside of Beef (461kcal)**

served with Yorkshire Pudding, roast potatoes, cauliflower, carrots and gravy

Contains:

**Eggs, Gluten, Milk**

**Lentil & Vegetable Loaf (408kcal)**

with roast potatoes or pasta, cauliflower, carrots and gravy

Contains:

**Celery, Eggs, Fish, Gluten, Milk, Mustard, Soya, Sulphur Dioxide**



Dessert

**Freshly Cut Fruit (96kcal)**

**Yeo Valley Organic Yoghurt (76kcal)**

Contains:

**Milk**



## Thursday

Main

**Ashlyns Pork Sausage (370kcal)**

served with crushed new potatoes and baked beans

Contains:

**Eggs, Gluten, Milk, Sulphur Dioxide**

**Quorn Sausage (337kcal)**

served with crushed new potatoes and baked beans

Contains:

**Eggs, Gluten, Milk**

**Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

**Eggs, Fish, Milk**



Dessert

**Frozen Yoghurt (123kcal)**

Contains:

**Milk**

**Freshly Cut Fruit (96kcal)**

**Yeo Valley Organic Yoghurt (76kcal)**

Contains:

**Milk**



# Friday

## Main

### MSC Battered Fish (397kcal)

served with oven chips and peas

Contains:

Fish, Gluten, Milk

### Caramelised Red Onion, Cheese and Cherry Tomato Wholemeal Tart (523kcal)

served with oven chips & peas

Contains:

Gluten, Milk

### Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk

## Dessert

### Freshly Cut Fruit (96kcal)

### Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk

### Jam Sponge & Custard (342kcal)

Contains:

Eggs, Gluten, Milk

### Uptake (0kcal)



Contains less than g of Salt



Less than Kcal