



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

Writtle & Highwood Spring/Summer 2019 Week 2

Monday

Main

Mexican Chicken Wrap (439kcal)

served with brown rice and mixed salad

Allergens contained:

Gluten, Milk

mexican quorn wrap (438kcal)

brown rice and mixed salad

Allergens contained:

Eggs, Gluten

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

Beef Lasagne (392kcal)

served with a mixed salad

Allergens contained:

Gluten, Milk, Mustard

Macaroni Cheese (273kcal)

served a mixed salad

Allergens contained:

Gluten, Milk, Mustard

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or
Baked Beans

Allergens contained:

Eggs, Fish, Milk



Dessert

Iced Chocolate Sponge (359kcal)

Allergens contained:
Eggs, Gluten, Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:
Milk

Wednesday

Main

Roast Gammon (409kcal)

with new potatoes, carrots and gravy

Roast Vegetable and Lentil Strudel (336kcal)

served with new potatoes and carrots

Allergens contained:
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)

Allergens contained:
Milk

Thursday

Main

All Day Breakfast (377kcal)

Allergens contained:
Eggs, Gluten, Milk, Sulphur Dioxide

All Day Vegetarian Breakfast (301kcal)

Allergens contained:
Eggs, Gluten, Milk, Sesame, Soya

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or
Baked Beans

Allergens contained:
Eggs, Fish, Milk

Dessert

Shortbread (293kcal)

Allergens contained:
Gluten

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:
Milk



Friday

Main

MSC Battered Fish (399kcal)

served with oven chips and minted peas

Allergens contained:

Fish, Gluten, Milk

cheese and potato pasty (568kcal)

served with oven chips & minted peas

Allergens contained:

Gluten, Milk

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk

Dessert

Fruit Jelly (32kcal)

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal