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Writtle & Highwood Autumn/Winter Week 2 2018/19

Monday

Main

Pepperoni Pizza (462kcal)

with coleslaw and mixed bean salad

Contains:

Eggs, Gluten, Milk, Soya

Margarita Pizza (415kcal)

with coleslaw and mixed bean salad

Contains:

Eggs, Gluten, Milk, Soya

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

Mild Chicken Curry (260kcal)

served with turmeric rice and broccoli

Contains:

Gluten, Sulphur Dioxide

Sweet potato, Spinach & Lentil and Dahl (241kcal)

with turmeric rice and broccoli

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



Wednesday

Main

Roast Leg of Pork & Apple Sauce (481kcal)

with roast potatoes, shredded cabbage, carrots & gravy

Roast Vegetable and Lentil Wellington (351kcal)

served with roast potatoes, carrots and gravy

Contains:

Gluten, Milk, Soya



Dessert

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Thursday

Main

Ashlyns Cheese Burger in a Bun (662kcal)

with pasta salad & coleslaw

Contains:

Eggs, Gluten, Milk, Sesame, Sulphur Dioxide

Meat Free Burger in a Bun (402kcal)

with pasta salad & coleslaw

Contains:

Eggs, Gluten, Milk, Sesame

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk



Dessert

Iced Apple Sponge (379kcal)

Contains:

Eggs, Gluten, Milk

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Friday

Main

MSC Battered Fish (405kcal)

served with oven chips and baked beans

Contains:

Fish, Gluten, Milk

Cheese & Bean Wholemeal Stack wrap (386kcal)

with mixed salad

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

Oat & Ginger Cookie (190kcal)



Contains:

Gluten

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal