



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

Writtle & Highwood Spring/Summer 2019 Week 3

Monday

Main

Sticky Chicken Thigh (620kcal)

served with rice and peas

Allergens contained:

Gluten, Soya

Roasted Vegetable & Chickpea Wholegrain Paella (326kcal)

served with peas

Allergens contained:

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)

Strawberry, Raspberry or Mango & Vanilla

Allergens contained:

Milk



Tuesday

Main

Cheese and Bacon Whirl (476kcal)

New Potatoes and Green beans

Allergens contained:

Gluten, Milk, Mustard

Cheese and Potato Whirls (467kcal)

served with new potatoes, seasonal vegetables and gravy

Allergens contained:

Gluten, Milk, Mustard

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk



Dessert

banana cake (378kcal)

Allergens contained:

Eggs, Gluten

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk



Wednesday

Main

Roast Topside of Beef (470kcal)

served with Yorkshire Pudding, roast potatoes, seasonal vegetables and gravy

Allergens contained:

Eggs, Gluten, Milk

Covent Garden Quiche (781kcal)

Roast Potatoes and seasonal vegetables

Allergens contained:

Eggs, Gluten, Milk

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

Beef Burger in a bun (515kcal)

with pasta salad

Allergens contained:

Gluten, Sesame, Sulphur Dioxide

Meat Free Burger in a Bun (320kcal)

with pasta salad

Allergens contained:

Eggs, Gluten, Milk, Sesame

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk



Dessert

Fruit Flapjack (285kcal)

Allergens contained:

Gluten, Sulphur Dioxide

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk



Friday

Main

Fish Fingers (456kcal)

oven chips & pasta hoops or Baked beans

Allergens contained:

Fish, Gluten

Cheese & pepper Wrap stack (621kcal)

oven chips & pasta hoops or Baked beans

Allergens contained:

Gluten, Milk

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk

Dessert

Ice Cream (128kcal)

Allergens contained:

Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal

