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Writtle & Highwood Autumn/Winter Week 3 2018/19

Monday

Main

Ashlyns Pork Sausage Toad in the Hole (552kcal)

served with new potatoes, cabbage & gravy

Contains:

Eggs, Gluten, Milk, Sulphur Dioxide

Quorn Sausage Toad in the Hole (392kcal)

served with new potatoes, cabbage & gravy

Contains:

Eggs, 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)

Strawberry, Raspberry or Mango & Vanilla

Contains:

Milk



Tuesday

Main

Sweet & Sour Chicken (520kcal)

with egg rice and sweetcorn

Contains:

Eggs, Gluten, Mustard, Soya

Quorn & Mixed Peppers in a Black Bean Sauce (456kcal)

served with egg rice and sweetcorn

Contains:

Eggs, Gluten, Nuts, Peanuts, Soya

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk



Dessert

Apple Crumble (325kcal)

with custard

Contains:

Gluten, Milk

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Wednesday

Main

Roast Gammon (398kcal)

with roast potatoes, broccoli, carrots and gravy

Cheese, Egg, Onion & Potato Pasty (616kcal)

with roast potatoes, broccoli, carrots and gravy

Contains:

Eggs, Gluten, Milk, Mustard

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



Thursday

Main

Macaroni Cheese (393kcal)

served with home made garlic bread and peas

Contains:

Gluten, Milk, Mustard

Beef Bolognese with Wholemeal Pasta (480kcal)

served with home made garlic bread and peas

Contains:

Gluten

Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk



Dessert

Chocolate Chip Cookies (233kcal)

Contains:

Gluten, Milk, Soya

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Friday

Main

Omega 3 Fish Fingers (457kcal)

served with oven chips and baked beans

Contains:

Fish, Gluten

Courgette & Feta Cheese Frittata (451kcal)

with oven chips and peas

Contains:

Eggs, 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

Fruit Jelly (32kcal)

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal