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allergen information for
this menu

Whittle & Highwood Autumn/Winter 2019 Week 1

Monday

Main

Pepperoni Pizza (394kcal)

served with Pasta Salad

Allergens contained:

Eggs, Gluten, Milk, Soya

Cheese & Tomato Pizza (347kcal)

served with wholemeal Pasta salad

Allergens contained:

Eggs, 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)

Strawberry, Raspberry or Mango & Vanilla

Allergens contained:

Milk

Chocolate Chip Cookies (233kcal)

Allergens contained:

Gluten, Milk, Soya



Tuesday

Main

Mexican Style Beef Chilli (315kcal)

with boiled rice and mixed salad

Allergens contained:

Gluten

Mexican Style Vegetable & Lentil Chilli (268kcal)

With Boiled Rice and Mixed salad

Allergens contained:

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)



Allergens contained:

Milk

Apple Crumble (325kcal)



with custard

Allergens contained:

Gluten, Milk

Wednesday

Main

Roast Chicken Thighs (893kcal)

served with sage and onion stuffing, roast potatoes, seasonal vegetables and gravy

Allergens contained:

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

Tomato & Basil Quiche (593kcal)



Served with roast potatoes, seasonal vegetables and gravy

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)



Frozen Yoghurt (123kcal)



Allergens contained:

Milk

Thursday

Main

Ashlyns Pork Sausage Hot Dog (621kcal)

served with new potatoes and baked beans

Allergens contained:

Gluten, Sesame, Sulphur Dioxide

Quorn Sausage in a Roll (461kcal)



served with new potatoes and baked beans

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

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)



Allergens contained:

Milk

Pineapple Sponge (342kcal)



with custard

Allergens contained:

Eggs, Gluten, Milk

Friday

Main

MSC Breaded Fish Fingers (427kcal)

served with oven chips and garden peas

Allergens contained:

Fish, Gluten

Cheddar Cheese & Vegetable Stack Wrap (592kcal)

served with oven chips and garden peas

Allergens contained:

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

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal