



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

Whittle & Highwood Autumn/Winter 2019 Week 2

Monday

Main

Spaghetti Bolognese (494kcal)

Served with homemade garlic bread & sweetcorn

Allergens contained:

Gluten

Vegetable and Lentil Bolognese (389kcal)

served with homemade garlic bread and sweetcorn

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)

Strawberry, Raspberry or Mango & Vanilla

Allergens contained:

Milk

Vanilla Shortbread (293kcal)

Allergens contained:

Gluten



Tuesday

Main

Pork Sausage Toad in the Hole (495kcal)

served with creamy mash, carrots and gravy

Allergens contained:

Eggs, Gluten, Milk, Sulphur Dioxide

Meat Free Sausage Toad in the Hole (335kcal)

served with mashed potato, carrots 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)

Yeo Valley Organic Yoghurt (76kcal)

Allergens contained:

Milk



Wednesday

Main

Roast Topside of Beef (374kcal)

served with roast potatoes, seasonal vegetables and gravy

Lentil & Vegetable Loaf (364kcal)

with roast potatoes, seasonal vegetables and gravy

Allergens contained:

Celery, Eggs, Fish, Gluten, Milk, Mustard, Soya, 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)

Allergens contained:

Milk

Ice Cream (128kcal)

Allergens contained:

Milk



Thursday

Main

Chicken Tikka Masala (530kcal)

served with wholegrain rice, minted cucumber raita & tomato salad

Allergens contained:

Milk

Sweet Potato & Lentil Korma (290kcal)

served with wholegrain rice, minted cucumber raita & tomato salad

Allergens contained:

Milk, 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)

Allergens contained:

Milk



Friday

Main

Battered Cod Fillet (378kcal)

served with oven chips, garden peas and a lemon wedge

Allergens contained:

Fish, Gluten, Milk

Spinach and Cheese Spanakoptia (541kcal)

with chips and peas

Allergens contained:

Eggs, Gluten, Milk, Sesame, Soya, 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)

Allergens contained:

Milk

Chocolate Sponge with Chocolate Sauce (329kcal)

Allergens contained:

Eggs, Gluten, Milk

Uptake (0kcal)



Contains less than g of Salt



Less than Kcal