



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

# Whittle & Highwood Autumn/Winter 2019 Week 3

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## Monday

### Main

#### Chicken & Bacon Pasta Bake (384kcal)

with mixed salad

Allergens contained:

**Gluten, Milk**

#### Macaroni Cheese (273kcal)

served a mixed salad

Allergens contained:

**Gluten, Milk, Mustard**

#### 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

#### Savoury Minced Beef in a Yorkshire Pudding (426kcal)

with creamy mash and sliced carrots

Allergens contained:

**Celery, Eggs, Gluten, Milk**

#### Savoury Minced Quorn in a Yorkshire Pudding (344kcal)

with creamy mash and sliced carrots

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

### Syrup & Sultana Sponge (400kcal)



with Custard

Allergens contained:

Eggs, Gluten, Milk

## Wednesday

### Main

#### Roast Turkey & Stuffing (393kcal)

served with roast potatoes, seasonal vegetables and gravy

Allergens contained:

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

#### Roast Quorn Fillet (356kcal)



served with roast potatoes, seasonal vegetables and gravy

Allergens contained:

Eggs

### Dessert

### Freshly Cut Fruit (96kcal)



### Yeo Valley Organic Yoghurt (76kcal)



Allergens contained:

Milk

## Thursday

### Main

#### Ashlyns Beef Burger in a Roll (515kcal)

served with a pasta salad

Allergens contained:

Gluten, Sesame, Sulphur Dioxide

#### Vegetarian Burger in a Roll (320kcal)



served with a 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

### Freshly Cut Fruit (96kcal)



### Yeo Valley Organic Yoghurt (76kcal)



Allergens contained:

Milk

### Fruit Flapjack (285kcal)



Allergens contained:

Gluten, Sulphur Dioxide

# Friday

## Main

### MSC Breaded Fish Fingers (427kcal)

served with oven chips and garden peas

Allergens contained:

**Fish, Gluten**

### Cheese and onion Whirl (426kcal)

served with Oven Chips and Peas

Allergens contained:

**Gluten, Milk, Mustard**

### 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 Krispies (145kcal)

Allergens contained:

**Gluten, Milk**



### Uptake (0kcal)



Contains less than g of Salt



Less than Kcal