



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

# NWF Spring/Summer Week 1 2018

## Monday

### Main

#### Chicken Fajitas (377kcal)

served with a selection from the Deli Bar including Rice & Pasta salads

Contains:

Gluten, Milk

#### Vegetable Jambalaya Rice (207kcal)

with butternut squash & black beans

Contains:

Celery

#### Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

### Dessert

#### Freshly Cut Fruit (96kcal)

#### Yeo Valley Organic Yoghurt (76kcal)

Strawberry, Raspberry or Mango & Vanilla

Contains:

Milk



## Tuesday

### Main

#### Cheese and Tomato Pizza (444kcal)

served with wedges and coleslaw

Contains:

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

#### Vegetable & Bean Burrito (187kcal)

with coleslaw

Contains:

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

#### Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

### Dessert

#### Apple, Peach & Salted Caramel Tarte Tatin (147kcal)

Contains:

Gluten, Milk

#### Freshly Cut Fruit (96kcal)

#### Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



# Wednesday

## Main

### Lemon & Thyme Roasted Chicken Thigh (683kcal)

with rice, carrots, peas & gravy

### Stuffed Aubergine Bake (287kcal)

with brown rice, chickpea puree and pitta bread

Contains:

Celery, Gluten, Milk, Sesame, Soya, Sulphur Dioxide

### Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide



## Dessert

### Freshly Cut Fruit (96kcal)



### Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



# Thursday

## Main

### Savoury Beef in a Yorkshire Pudding (524kcal)

with roasted summer veg & savoy cabbage

Contains:

Celery, Eggs, Gluten, Milk

### Savoury Quorn Mince in a Yorkshire Pudding (447kcal)

with roasted summer veg & savoy cabbage

Contains:

Celery, Eggs, Gluten, Milk

### Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide



## Dessert

### Granola Topped Greek Yoghurt with Berries (335kcal)

Contains:

Gluten, Milk, Sulphur Dioxide

### Freshly Cut Fruit (96kcal)



### Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



# Friday

## Main

### MSC Battered Fish (236kcal)

served with oven chips and peas

Contains:

Fish, Gluten, Milk, Mustard

### Roasted Pepper, Feta Cheese, Tomato & Basil Filo (326kcal)

with cous cous salad

Contains:

Celery, Gluten, Milk, Sulphur Dioxide

### Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

## Dessert

### Freshly Cut Fruit (96kcal)

### Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk

### Ice Cream (28kcal)

Contains:

Milk

### Uptake (0kcal)



Contains less than g of Salt



Less than Kcal

