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NWF Spring/Summer Week 2 2018

Monday

Main

Beef Bolognese & Spaghetti Pasta (375kcal)

Fresh Leaf Salad

Contains:

Gluten

Vegetable & Lentil Bolognese & Spaghetti Pasta (270kcal)

Fresh Leaf Salad

Contains:

Celery, Gluten, Milk

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

Chicken Hot Dog Roll (546kcal)

with caramelised onions, parsley new potatoes & baked beans

Contains:

Gluten, Sesame, Sulphur Dioxide

Quorn Hot Dog Roll (609kcal)

with caramelised onions, parsley new potatoes & baked beans

Contains:

Eggs, Gluten, Milk, Sesame

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or

Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide



Dessert

Farmhouse Fruitcake (269kcal)

with custard

Contains:

Eggs, Gluten, Milk, Soya, Sulphur Dioxide

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Wednesday

Main

Roast Turkey & Stuffing (290kcal)

served with roast potatoes, seasonal vegetables and gravy

Contains:

Gluten

Potato & Cauliflower Cheese (272kcal)

with a herb crumb & seasonal vegetables

Contains:

Gluten, Milk, Mustard, Soya

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)

Frozen Yoghurt (123kcal)

Contains:

Milk



Thursday

Main

Balti Chicken (267kcal)

with Indian rice cauliflower & carrots

Contains:

Celery, Sulphur Dioxide

Vegetable and Lentil Lasagne (306kcal)

served with mixed salad

Contains:

Gluten, Milk, Mustard, Soya

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide



Dessert

Apple and Pear Crumble (384kcal)

served with whipped cream

Contains:

Gluten, Milk, Soya

Freshly Cut Fruit (96kcal)

Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Friday

Main

Omega 3 Fish Fingers (226kcal)

served with oven chips and baked beans

Contains:

Fish, Gluten, Peanuts

Roasted Vegetable and Mixed Bean Wholemeal Enchiladas (333kcal)

served with a selection from the deli bar including Rice & Pasta salads

Contains:

Gluten, Milk, Soya

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide

Dessert

Ice Cream (28kcal)

Contains:

Milk


Freshly Cut Fruit (96kcal)


Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk

Uptake (0kcal)

 Contains less than g of Salt

 Less than Kcal

