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NWF Spring/Summer Week 3 2018

Monday

Main

Chicken Jollof Rice (263kcal)

served with broccoli

Contains:

Celery

Vegetable & Bean Jollof Rice (225kcal)

served with broccoli

Contains:

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)

Strawberry, Raspberry or Mango & Vanilla

Contains:

Milk



Tuesday

Main

Beef Meatballs (367kcal)

in a basil & tomato sauce with pasta

Contains:

Gluten, Soya, Sulphur Dioxide

Puy Lentils in a Basil & Tomato Sauce (277kcal)

with Spaghetti Pasta

Contains:

Gluten, 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

Chocolate Chip Cheesecake (406kcal)

Contains:

Gluten, Milk, Soya, Sulphur Dioxide



Wednesday

Main

Roast Chicken Fillet (297kcal)

served with roast potatoes, seasonal vegetables and gravy

Cheese Topped, Stuffed Pepper (146kcal)

filled with mushrooms, spinach and brown rice with salad

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

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Thursday

Main

Ashlyns Beef Burger in a Floured Bap (496kcal)

with oven chips & coleslaw

Contains:

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

Breaded Vegetable Burger in a Floured Bap (301kcal)

with oven chips & coleslaw

Contains:

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

Jacket Potato (203kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains:

Eggs, Fish, Milk, Mustard, Sulphur Dioxide



Dessert

Lemon Butter Shortbread Biscuits (249kcal)

Contains:

Gluten, Soya

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)

Contains:

Milk



Friday

Main

Leek & Mushroom Macaroni Cheese (540kcal)

served with homemade garlic bread & salad

Contains:

Gluten, Milk, Mustard, Soya

Homemade Salmon & Cod Fishcakes (277kcal)

with tartare sauce and garden peas

Contains:

Eggs, Fish, 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

