



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

# New Wave Federation Autumn Week 1 2017

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## Monday

### Main

#### **Beef Bolognese & Spaghetti pasta (398kcal)**

served with Seasonal vegetables

Contains:

**Gluten**

#### **Mediterranean Vegetable and Puy Lentils (372kcal)**

served with spaghetti and seasonal vegetables

Contains:

**Gluten**

#### **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**



## Tuesday

### Main

#### **Mild Curry Spiced Chicken (248kcal)**

served with Indian fragrant basmati rice, roasted  
cauliflower and carrots

Contains:

**Celery, Sulphur Dioxide**

#### **Sweet Potato, Chickpea and Aubergine Martinique Curry (300kcal)**

served with Indian fragrant basmati rice and roasted  
cauliflower and carrots

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)**



Contains:

Milk

**Lemon Cheesecake (364kcal)**



Contains:

Gluten, Milk, Sulphur Dioxide

## Wednesday

Main

**Roast Topside of Beef (396kcal)**

served with Yorkshire Pudding, roast potatoes, seasonal vegetables and gravy

Contains:

Eggs, Gluten, Milk

**Mature Cheddar and Leek Wholemeal Quiche (392kcal)**



served with roast potatoes and seasonal vegetables

Contains:

Eggs, 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 Chicken Sausage & Caramelised Onion (323kcal)**

served with creamy mash, savoy cabbage and gravy

Contains:

Gluten, Milk, Sulphur Dioxide

**Quorn Sausage & Caramelised Onion (386kcal)**



served with creamy mash, savoy cabbage and gravy

Contains:

Eggs, 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)**



Contains:

Milk

**Shortbread Biscuits (296kcal)**



Contains:

Gluten, Soya

# Friday

## Main

### **MSC Breaded Fish Fingers and Lemon Wedge (258kcal)**

served with chips and peas

Contains:

**Fish, Gluten, Milk**

### **Vegetable Frittata with Spinach & Ricotta (273kcal)**

served with mixed salad

Contains:

**Eggs, 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)**

Contains:

**Milk**

### **Ice Cream (28kcal)**

Contains:

**Milk**

### **Uptake (0kcal)**



Contains less than g of Salt



Less than Kcal