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nutritional and allergen
information for this menu

New Wave Federation Autumn Week 2 2017

Monday

Main

Beef Chilli and Basmati Rice (349kcal)

served with sweetcorn, homemade nachos and Ashlyns
tomato salsa

Contains:

Gluten, Soya

Rainbow Chilli Con Carne (348kcal)

served with basmati rice, home made nachos and
sweetcorn

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

Tagliatelle & Courgette Pasta (352kcal)

served with creamy mushroom sauce and broccoli

Contains:

Gluten, Milk, Soya

Butter Bean, Tomato and Olive Tagine (168kcal)

served with brown rice

Contains:

Gluten, 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

Chocolate Cherry Brownie (280kcal)



Contains:

Eggs, Gluten, Soya, Sulphur Dioxide

Wednesday

Main

Roast Chicken Thighs (786kcal)

served with sage and onion stuffing, roast potatoes, seasonal vegetables and gravy

Contains:

Gluten

Cheese and Potato Whirls (318kcal)



served with seasonal vegetables and stuffing

Contains:

Gluten, Milk, Mustard

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 Roll (631kcal)

served with crushed new potatoes and coleslaw

Contains:

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

Meat Free Burger in a Roll (436kcal)

served with crushed new potatoes and 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

Freshly Cut Fruit (96kcal)



Yeo Valley Organic Yoghurt (76kcal)



Contains:

Milk

Pineapple Upside Down Cake (310kcal)



with custard

Contains:

Eggs, Gluten, Milk, Soya

Friday

Main

MSC Battered Fish Fillet with Tartar Sauce (250kcal)

served with chips and peas

Contains:

Fish, Gluten, Milk, Mustard

Vegetable & Chickpea Samosa (380kcal)

with mango chutney

Contains:

Gluten, 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