



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

# New Wave Federation Autumn Week 3 2017

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## Monday

### Main

#### Mild Spiced Chicken Drumstick (649kcal)

served with Jollof rice and broccoli

Contains:

Celery, Sulphur Dioxide

#### Vegetable & Haricot Bean Stir Fry (179kcal)

served with egg noodles

Contains:

Eggs, 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



## Tuesday

### Main

#### Cheese, Tomato & Basil Pizza (NWF) (453kcal)

served with potato wedges and coleslaw

Contains:

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

#### Mediterranean Pizza with Omega 3 Fish (471kcal)

served with potato wedges 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



#### Lemon Drizzle Cake & Custard (351kcal)

Contains:

Eggs, Gluten, Milk, Soya



## Wednesday

### Main

#### Roasted Chicken (872kcal)

served with parsley new potatoes, seasonal summer vegetables and gravy

#### Leek & Mushroom Macaroni Cheese (475kcal)

served with 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)



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

Contains:

Milk



## Thursday

### Main

#### "Master Chef Winner" Beef Stir Fry (215kcal)

served with vermicelli noodles

Contains:

Gluten, Milk, Soya, Sulphur Dioxide

#### Vegetable & Lentil Biryani (186kcal)

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)

Contains:

Milk



#### Fruit Flapjack (287kcal)

Contains:

Gluten, Sulphur Dioxide



## Friday

### Main

#### MSC Breaded Fish Fingers (258kcal)

served with chip, baked beans or peas

Contains:

Fish, Gluten, Milk

#### Vegetable and Haricot Bean Spring Rolls (89kcal)

served with sweet chilli sauce

Contains:

Gluten, Sesame, 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


**Ice Cream (28kcal)**


Contains:

Milk

**Uptake (0kcal)**



 Contains less than g of Salt

 Less than Kcal