



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

# London Fields Spring/Summer 2019

## Week 3

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### Monday

#### Main

#### **Jacket Potato (230kcal)**

with a variety of fillings including Quorn & vegetable chilli

Allergens contained:  
**Eggs, Gluten, Milk**



#### Dessert

#### **Freshly Cut Fruit (96kcal)**



### Tuesday

#### Main

#### **Omega 3 Fish Fingers (435kcal)**

Served with oven chips, sweetcorn and a lemon wedge

Allergens contained:  
**Fish, Gluten**

#### **Cheddar Cheese & Vegetable Stack Wrap (593kcal)**

served with oven chips, garden peas and sweetcorn

Allergens contained:  
**Gluten, Milk**



#### **Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:  
**Eggs, Fish, Milk**

#### Dessert

#### **Freshly Cut Fruit (96kcal)**



### Wednesday

#### Main

#### **Beef Bolognese & Spaghetti (401kcal)**

served with carrots & peas

Allergens contained:  
**Gluten**

#### **Mixed Bean Ratatouille (337kcal)**

with braised rice, carrots and peas

#### **Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:  
**Eggs, Fish, Milk**



Dessert

**Freshly Cut Fruit (96kcal)**



## Thursday

Main

**Handmade Beef Sausage Puff Pastry Roll (519kcal)**

served with herby diced potatoes and baked beans

Allergens contained:

**Eggs, Gluten, Sulphur Dioxide**

**Handmade Quorn Sausage Puff Pastry Roll (249kcal)**

served with herby diced potatoes and baked beans

Allergens contained:

**Eggs, Gluten, Milk**



**Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

**Eggs, Fish, Milk**

Dessert

**Freshly Cut Fruit (96kcal)**



## Friday

Main

**BBQ Chicken Thighs (694kcal)**

served with basmati rice, cauliflower and broccoli

Allergens contained:

**Sulphur Dioxide**

**BBQ Bean Casserole (156kcal)**

served with basmati rice, cauliflower & broccoli

Allergens contained:

**Celery**



**Jacket Potato (209kcal)**

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:


**Eggs, Fish, Milk**


Dessert

**Freshly Cut Fruit (96kcal)**



**Uptake (0kcal)**

 Contains less than g of Salt

 Less than Kcal