



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

London Fields Spring/Summer 2019

Week 2

Monday

Main

Vegetable & Bean Arrabbiata (276kcal)

with wholemeal pasta & mixed salad

Allergens contained:

Celery, Gluten



Spinach and Ricotta Frittata (224kcal)

served with mixed salad

Allergens contained:

Eggs, Milk



Jacket Potato (209kcal)

served with either Tuna Mayo, Grated Cheese or Baked Beans

Allergens contained:

Eggs, Fish, Milk

Dessert

Freshly Cut Fruit (96kcal)



Tuesday

Main

Chicken Jalfrezi (269kcal)

served with turmeric rice roasted cauliflower and peas

Sweet Potato and Lentil Korma (342kcal)

served with turmeric rice, roasted cauliflower & peas

Allergens contained:

Sulphur Dioxide



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

Roast Topside of Beef (470kcal)

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

Allergens contained:

Eggs, Gluten, Milk

Sweetcorn, Chickpea & Potato Whirl (306kcal)

with a few roast potatoes, carrots, cabbage & gravy

Allergens contained:

Gluten, Milk, Mustard

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

Salmon & Tomato Pasta Bake (376kcal)

with a mixed leaf salad

Allergens contained:

Fish, Gluten, Milk

Cheese & Tomato Pasta Bake (352kcal)

served with mixed salad

Allergens contained:

Gluten, Milk, Sulphur Dioxide

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

ashlyn's beef burger (545kcal)

served with oven chips and baked beans

Allergens contained:

Gluten, Sulphur Dioxide

Quorn burger (351kcal)

served with oven chips & 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)



Uptake (0kcal)

 Contains less than g of Salt

 Less than Kcal