



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

London Fields Spring/Summer 2019

Week 1

Monday

Main

Cheese and Tomato Pizza (347kcal)

served with pasta Salad

Allergens contained:

Eggs, Gluten, Milk, Soya



Mediterranean Vegetable Pizza (348kcal)

with Ashlyns pasta salad

Allergens contained:

Eggs, Gluten, Milk, Soya



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

Beef Chilli (346kcal)

served with coriander rice, peas and carrots

Allergens contained:

Gluten

Vegetable & Bean Jollof Rice (309kcal)

with red cabbage coleslaw

Allergens contained:

Eggs



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 Chicken Thighs (894kcal)

served with sage and onion stuffing, new potatoes, broccoli, carrots and gravy

Allergens contained:

Celery, Eggs, Gluten, Milk, Mustard, Soya, Sulphur Dioxide

Roast Vegetable and Lentil Wellington (352kcal)

served with roast potatoes, carrots & broccoli gravy

Allergens contained:

Gluten, Milk, Soya

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

MSC Battered Cod Fillet (401kcal)

served with oven chips and sweetcorn

Allergens contained:

Fish, Gluten, Milk

Roasted Vegetable and Mixed Bean Wholemeal Enchiladas (655kcal)

served with oven chips and sweetcorn

Allergens contained:

Gluten, Milk, Soya

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

Chicken Jollof Rice (341kcal)

with red cabbage coleslaw

Allergens contained:

Celery, Eggs

Vegetable & Bean Jollof Rice (309kcal)

with red cabbage coleslaw

Allergens contained:

Eggs

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