




















































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Wk 1 Mon</b>					
Moroccan Meatballs with Spiced Cous Cous - 1 Serving		411Kcal	 WHEAT	 MUSTARD  SOYA	
Middle Eastern Mushroom Flatbread - 1 Serving		487Kcal	 WHEAT  EGGS  MILK  SULPHITES	 SOYA	
Grilled Ranch Chicken In a Wrap - 1 Serving		375Kcal	 WHEAT  MUSTARD  SULPHITES		
Grilled Ranch Chicken In a Wrap (H) - 1 Serving		384Kcal	 WHEAT  MUSTARD  SULPHITES		
Minced Pork Rendang with Fragrant Coconut Rice - 1 Serving		471Kcal	 SOYA		
Minced Chicken Rendang with Fragrant Coconut Rice (H) - 1 Serving		398Kcal	 SOYA		
<b>WK 1 Tue</b>					
Crispy Caesar Chicken Burger & Wedges - 1 Serving		589Kcal	 WHEAT  EGGS  MILK  SESAME		
Roast Caesar Chicken Thigh Burger & Wedges - 1 Serving		561Kcal	 WHEAT  EGGS  MILK  SESAME		
Korean Kimchi Egg Fried Rice (V) - 1 Serving		334Kcal	 WHEAT  EGGS  SOYA		 VEGETARIAN  VEGAN
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		487Kcal	 WHEAT  MILK	 SOYA	
Bangladesh Beef Keema Biryani & Chapati Bread - 1 Serving		528Kcal	 WHEAT		

Wk 1 Wed

Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving	379Kcal			
Roast Pork & Stuffing Baguette - 1 Serving	433Kcal	 WHEAT	 BARLEY	 SESAME
Cheesy Nacho topped Fish Pie - 1 Serving	339Kcal	 MILK	 FISH	
Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving	450Kcal			
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT	 BARLEY	 SESAME
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving	254Kcal	 EGGS		 VEGETARIAN
Slow Roast Pork with Crushed New Potatoes & Gravy - 1 Serving	383Kcal			
Marinated Roast Quorn Fillet with Crushed Potatoes & Gravy - 1 Serving	274Kcal	 EGGS		 VEGAN
Hot Honey Chilli Chicken with Salt & Pepper Potatoes - 1 Serving	312Kcal			 VEGETARIAN













Wk 1 Thur

BBQ Chicken & Bacon Cottage Pie - 1 Serving	300Kcal	 WHEAT, BARLEY	 MILK	 CELERY	
BBQ Chicken Cottage Pie (H) - 1 Serving	280Kcal	 WHEAT, BARLEY	 MILK	 CELERY	
Cheesy Chilli Mixed Beans on Baked Garlic Baguette - 1 Serving	487Kcal	 WHEAT, BARLEY	 MILK	 CELERY	 SESAME
Crispy Topped Mac & Cheese - 1 Serving	740Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Aubergine & Squash Dhal Curry with Tortilla Bowl, Rice & Raita - 1 Serving	561Kcal	 WHEAT	 EGGS	 MILK	 VEGETARIAN








Wk 1 Fri

Hand Battered Fish And Chips - 1 Serving	502Kcal	 WHEAT, BARLEY	 FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH		
Breaded Scampi Bites & Chips - 1 Serving	290Kcal	 WHEAT	 FISH	 CRUSTACEANS	 MOLLUSCS
Spicy Bean Burger with Salsa in a Soft Bap & Chips - 1 Serving	580Kcal	 WHEAT	 SESAME		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK			
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK			
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving	656Kcal	 WHEAT	 SOYA		

Wk 2 Mon

Spanish Chicken & Chorizo Potatas Bravas Hash - 1 Serving	348Kcal		 MILK	 SOYA	
Spanish Chicken & Pepperoni Potatas Bravas Hash (H) - 1 Serving	289Kcal	 MILK	 WHEAT	 EGGS	 CELERY
Spanish Chicken & Chickpea Potatas Bravas Hash - 1 Serving	325Kcal		 MUSTARD	 SOYA	
Vegetable Pot Pie - 1 Serving	359Kcal	 WHEAT			 VEGETARIAN  VEGAN
Crispy Beef & Cheese Burrito - 1 Serving	419Kcal	 WHEAT	 MILK		
Chinese Chip Shop Chicken Curry with Fried Rice. - 1 Serving	222Kcal		 EGGS	 MILK	 MUSTARD
		 SOYA			

Wk 2 Tue



































Salmon & Broccoli Pasta Bake - 1 Serving	465Kcal	 WHEAT	 MILK	 FISH	 MUSTARD	 SOYA	
Chilli 'Non' Carne Loaded Wedges - 1 Serving	270Kcal	 MILK					
Jumbo Sausage in a Crusty Baguette with Sticky onions - 1 Serving	727Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY	 SESAME	
Char Siu Pork with Wok Fried Noodles - 1 Serving	937Kcal	 WHEAT	 SESAME	 SOYA			
Char Siu Chicken with Wok Fried Noodles (H) - 1 Serving	869Kcal	 WHEAT	 SESAME	 SOYA			













### Wk 2 Wed

Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving	450Kcal						
Plant Based Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving	479Kcal	 WHEAT	 EGGS	 MILK			 VEGETARIAN
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT			 SESAME		 VEGETARIAN   VEGAN
Roasted Vegetable Personal Calzone - 1 Serving	614Kcal	 WHEAT	 MILK		 SOYA		
Tofu & Vegetable Balti with Bombay Aloo - 1 Serving	237Kcal		 SOYA		 WHEAT		 VEGETARIAN   VEGAN

















### Wk 2 Thur

Tex Mex Sausage Plait with Cajun Wedges - 1 Serving	655Kcal	 WHEAT, BARLEY	 SULPHITES				
Tex Mex Beef Plait with Cajun Wedges (H) - 1 Serving	697Kcal	 WHEAT	 EGGS				
Margherita Pasta Bake - 1 Serving	540Kcal	 WHEAT	 MILK		 SOYA		
Crispy Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	328Kcal	 WHEAT	 MILK	 SOYA	 OATS, BARLEY, RYE		















Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	288Kcal	 WHEAT  SOYA		
Lebanese Chicken Shawarma with Khobez - 1 Serving	329Kcal	 WHEAT  EGGS  MILK  SOYA		
<b>Wk 2 Fri</b>				
Hand Battered Fish And Chips - 1 Serving	502Kcal	 WHEAT, BARLEY  FISH  SULPHITES		
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT  FISH		
Jumbo Sausage with Chunky Chips - 1 Serving	522Kcal	 WHEAT  SOYA  SULPHITES		
Falafel Burger & Chips with Raita - 1 Serving	515Kcal	 WHEAT  EGGS  MILK  SESAME  SULPHITES		 VEGETARIAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving	472Kcal	 WHEAT  SOYA		
<b>Wk 3 Mon</b>				
Jerk Chicken Drumsticks with Rice & Peas - 1 Serving	599Kcal			
Baked Spanish Cod with Roast Peppers & Chickpeas in a Smoky Tomato Sauce - 1 Serving	222Kcal	 FISH	 WHEAT	 VEGETARIAN
Roasted Vegetable & Potato Mozzarella Bake - 1 Serving	382Kcal	 MILK		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving	621Kcal	 WHEAT  EGGS  MILK  CELERY  SESAME		
Stir Fried Tofu & Greens with Sweet Chilli & Steamed Rice - 1 Serving	336Kcal	 SOYA		
<b>Wk 3 Tue</b>				

Philly Cheese Steak Pasta Bake - 1 Serving	648Kcal	 WHEAT	 MILK		
Bombay Potato & Spinach Frittata & indian Slaw - 1 Serving	381Kcal	 EGGS	 MILK		 VEGETARIAN
Buffalo Chicken & Mozzarella Garlic Torpedo - 1 Serving	453Kcal	 WHEAT	 MILK	 BARLEY	 SESAME
South Indian Chicken Coconut Curry with Lemon Pillau - 1 Serving	501Kcal	 SULPHITES			 VEGETARIAN  VEGAN

### Wk 3 Wed

Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving	450Kcal				
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving	254Kcal	 EGGS			 VEGETARIAN
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT		 BARLEY	 SESAME  VEGETARIAN  VEGAN
Meatball Marinara Sub with Salsa, Grated Cheese & Rainbow Slaw - 1 Serving	523Kcal	 WHEAT	 MILK	 BARLEY	 SESAME
Meatball Marinara Sub with Salsa, Grated Cheese & Rainbow Slaw (H) - 1 Serving	426Kcal	 WHEAT	 EGGS	 MILK	 SULPHITES  BARLEY










### Wk 3 Thur

Meat & Potato Pie, Creamy mashed Potatoes & Gravy - 1 Serving	637Kcal	 WHEAT	 MILK	 SULPHITES	
Creamy Cajun Pasta Bake - 1 Serving	645Kcal	 WHEAT	 MILK		
Indian chicken & Saffron Rice Burrito - 1 Serving	295Kcal	 WHEAT	 MILK	 MUSTARD	
Crispy Ganjang Chicken with Wok Fried Noodles - 1 Serving	463Kcal	 WHEAT	 MILK	 SOYA	 OATS, BARLEY, RYE
Ganjang Chicken with Wok Fried Noodles or Steamed Rice - 1 Serving	427Kcal	 WHEAT	 SOYA		

### Wk 3 Fri











Hand Battered Fish And Chips - 1 Serving	502Kcal	 WHEAT, BARLEY	 FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH		
Greek Feta Spanakopita Parcel & Chips - 1 Serving	395Kcal	 WHEAT	 MILK		 VEGETARIAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK			
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK			
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving	618Kcal	 WHEAT	 SOYA		
Jumbo BBQ Sausage with Chunky Chips - 1 Serving	548Kcal	 WHEAT, BARLEY  SULPHITES	 CELERY	 SOYA	

### Sides

Steamed Seasonal Vegetables - 1 Serving	44Kcal				 VEGETARIAN
Broccoli - 1 Serving	30Kcal				 VEGETARIAN  VEGAN
Roasted Cauliflower - 1 Serving	72Kcal				 VEGETARIAN  VEGAN
Cauliflower - 1 Serving	30Kcal				 VEGETARIAN  VEGAN
Sweetcorn - 1 Serving	52Kcal				
Garden peas - 1 Serving	76Kcal				 VEGETARIAN  VEGAN

Baked Beans - 1 Serving	69Kcal				 VEGETARIAN  VEGAN
Rainbow Slaw - 1 Serving	21Kcal				 VEGETARIAN  VEGAN
Green Salad - 1 Serving	6Kcal				 VEGETARIAN
Mixed Salad - 1 Serving	16Kcal				 VEGETARIAN  VEGAN







### Meal Deal Desserts

Iced Sponge - Meal Deal - 1 Serving	256Kcal	 WHEAT	 EGGS	 MILK		 VEGETARIAN
Chocolate Brownie - Meal Deal - 1 Serving	220Kcal	 WHEAT	 EGGS			 VEGETARIAN
Flapjack - Meal Deal - 1 Serving	454Kcal	 OATS			 WHEAT, BARLEY	 VEGETARIAN  VEGAN

### New Desserts

Apple Crumble - 1 Serving	256Kcal	 WHEAT				 VEGETARIAN  VEGAN
Banana Loaf - 1 Serving	283Kcal	 WHEAT	 EGGS	 MILK		 VEGETARIAN
Carrot Cake & Cream Cheese Frosting - 1 Serving	238Kcal	 WHEAT	 EGGS	 MILK	 SOYA	 VEGETARIAN
Chocolate Crunch - 1 Serving	311Kcal	 WHEAT	 EGGS			 VEGETARIAN
Chocolate Cornflake tray cake - 1 Serving	259Kcal	 BARLEY				 VEGETARIAN



Ginger Sponge - 1 Serving	263Kcal	 WHEAT  EGGS  MILK  SULPHITES		 VEGETARIAN
Golden Crispies Tray bake - 1 Serving	221Kcal	 BARLEY		 VEGETARIAN
Rice Pudding - 1 Serving	117Kcal	 MILK		 VEGETARIAN
Scones - 1 Serving	266Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Chocolate Cookie - 1 Serving	235Kcal	 WHEAT		 VEGETARIAN  VEGAN