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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Wk 1 Mon</b>					
Slow Cooked Beef Chilli Macaroni Melt - 1 Serving		<b>711</b> Kcal	 WHEAT	 MUSTARD  SOYA	
Greek Spanikopita Flatbread with Tzatziki & Salad - 1 Serving		<b>490</b> Kcal	 WHEAT  EGGS  MILK  SULPHITES	 SOYA	
Toasted Cheesy Garlic Chicken Wrap - 1 Serving		<b>512</b> Kcal	 WHEAT  EGGS  MILK		
Toasted Cheesy Garlic Quorn Wrap - 1 Serving		<b>408</b> Kcal	 WHEAT  EGGS  MILK		
Crispy Chicken Wrap with BBQ Sauce - 1 Serving		<b>610</b> Kcal	 WHEAT, BARLEY  CELERY  SOYA	 OATS, RYE  EGGS  MILK	
Bang Bang Chicken with Spring Onion Rice - 1 Serving		<b>493</b> Kcal			
<b>Wk 1 Tue</b>					
Crispy Katsu Chicken Burger with Curried Mayo Slaw & Wedges - 1 Serving		<b>558</b> Kcal	 WHEAT  EGGS	 SESAME	
Macaroni Cheese - 1 Serving		<b>688</b> Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Jamaican Beef Patty - 1 Serving		<b>865</b> Kcal	 WHEAT		 VEGETARIAN  VEGAN
One Pot Jollof Rice with West African Chicken - 1 Serving		<b>429</b> Kcal			
<b>Wk 1 Wed</b>					
Honey Roast Gammon with Skin-On Roast Potatoes & Gravy - 1 Serving		<b>312</b> Kcal	 MUSTARD		
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		<b>393</b> Kcal			

Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving		570Kcal			
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving		254Kcal	 EGGS		 VEGETARIAN
Roast Pork & Stuffing Baguette - 1 Serving		433Kcal	 WHEAT	 BARLEY  SESAME	
Hot Roast Gammon Baguette - 1 Serving		368Kcal	 WHEAT	 BARLEY  SESAME	
Roast Chicken & Stuffing Baguette - 1 Serving		511Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
Hot Honey Chilli Chicken with Salt & Pepper Potatoes - 1 Serving		396Kcal			
Baked Cajun Cod Taco with Crunchy Salad & Garlic Mayonnaise - 1 Serving		372Kcal	 EGGS  FISH		
Wk 1 Thur					
Homemade Chicken & Leek Pie, mashed Potato & Gravy - 1 Serving		615Kcal	 WHEAT  MILK  SULPHITES		
Creamy Sweetcorn Pot Pie - 1 Serving		303Kcal	 WHEAT		 VEGETARIAN  VEGAN
Hearty Sloppy Joe on Garlic Baguette - 1 Serving		288Kcal	 WHEAT  SOYA	 BARLEY  SESAME	 VEGETARIAN
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		861Kcal	 WHEAT  MILK  CELERY  SESAME  SOYA  SULPHITES		
Chipotle Chicken, Lime & Corn Open Cone & Dirty Rice with Garlic Sauce - 1 Serving		473Kcal	 WHEAT, BARLEY  EGGS  CELERY  SOYA		
Wk 1 Fri					
Hand Battered Fish And Chips - 1 Serving		502Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		

Spicy Bean Burger with Salsa in a Soft Bap & Chips - 1 Serving		580Kcal	 WHEAT  SESAME		 VEGETARIAN  VEGAN
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving		656Kcal	 WHEAT  SOYA		
Wk 2 Mon					
Creamy Cajun Chicken Meatballs, Spaghetti & Garlic Slice - 1 Serving		638Kcal	 WHEAT  MILK	 MUSTARD  SOYA	
Creamy Cajun Salmon, Spaghetti & Garlic Slice - 1 Serving		472Kcal	 WHEAT  MILK  FISH	 MUSTARD  SOYA	
Onion Bhaji Sub with Red Slaw & Mint Yoghurt - 1 Serving		508Kcal	 WHEAT  EGGS  MILK	 BARLEY  SESAME	 VEGETARIAN
Taco Beef Baked Burrito - 1 Serving		609Kcal	 WHEAT  MILK		
Keralan Chicken & Lentil Coconut Korma with Pilau Rice - 1 Serving		471Kcal			
Roasted Vegetable Lasagne - 1 Serving		371Kcal	 WHEAT  MILK	 EGGS  MUSTARD  SOYA	
Rich Italian Style Pasta Bolognese VE - 1 Serving		321Kcal	 WHEAT  SOYA	 MUSTARD	 VEGETARIAN  VEGAN
Wk 2 Tue					
Bangers with Bubble & Squeak & Onion Gravy - 1 Serving		761Kcal	 WHEAT  MILK  SOYA  SULPHITES		
Veggie Bangers with Bubble & Squeak & Onion Gravy - 1 Serving		415Kcal	 MILK  SOYA		 VEGETARIAN

Chilli 'Non' Carne Loaded Wedges - 1 Serving		270Kcal	 MILK		
Hot Shot Chicken Parmo - 1 Serving		475Kcal	 WHEAT	 MILK	 SESAME
Nut Free Pork/ Chicken Satay, Sticky Rice & Cucumber Salad copy - 1 Serving		557Kcal			
Wk 2 Wed					
Plant Based Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving		479Kcal	 WHEAT	 EGGS	 MILK
			 SOYA		 VEGETARIAN
Hawaiian Chicken with Coconut Rice - 1 Serving		513Kcal	 SOYA	 SULPHITES	
Wk 2 Thur					
Tex Mex Chicken & Jalapeno Cheese Sauce & Nacho Bake - 1 Serving		457Kcal	 WHEAT	 MILK	
Margherita Pasta Bake - 1 Serving		540Kcal	 WHEAT	 MILK	 SOYA
Salt & Pepper Chicken Flatbread with Chip Shop Curry Sauce - 1 Serving		351Kcal	 WHEAT	 MILK	 MUSTARD
Piri Piri Chick 'n' Rice - 1 Serving		508Kcal			 WHEAT
Wk 2 Fri					
Hand Battered Fish And Chips - 1 Serving		502Kcal	 WHEAT, BARLEY	 FISH	 SULPHITES
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT	 FISH	
Falafel Burger & Chips with Raita - 1 Serving		515Kcal	 WHEAT	 EGGS	 MILK
			 SESAME	 SULPHITES	 VEGETARIAN
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT	 EGGS
				 CELERY	 MUSTARD
				 SOYA	

Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving		472Kcal	 WHEAT  SOYA		
Wk 3 Mon					
Jerk Chicken Leg with Rice & Peas - 1 Serving		496Kcal	 MUSTARD  SULPHITES		
South Indian Vegetable Curry, Chapati & Bombay Mix Topper - 1 Serving		472Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Grilled Hunters BBQ Chicken Sub Roll - 1 Serving		383Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Singapore Black Pepper Chicken with Wok Fried Noodles - 1 Serving		704Kcal	 WHEAT  SESAME  SOYA		
Baked Herb Crusted Cod with Roast Peppers in a Tomato Sauce - 1 Serving		255Kcal	 WHEAT  FISH		 VEGETARIAN
Wk 3 Tue					
Cheesy Fajita Beef Pasta Bake - 1 Serving		828Kcal	 WHEAT  MILK		
Summer Pesto Pasta & Garlic Slice - 1 Serving		425Kcal	 WHEAT	 MILK  MUSTARD  SOYA	 VEGETARIAN  VEGAN
Portuguese Chicken Tasca Flatbread - 1 Serving		576Kcal	 WHEAT  EGGS  MILK		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		569Kcal	 EGGS  MILK  SULPHITES	 WHEAT	
Wk 3 Wed					
Korean Bulgogi Beef with Fragrant Steamed Rice - 1 Serving		624Kcal	 WHEAT  SOYA		
Wk 3 Thu					
Indian Mixed Grill - 1 Serving		368Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN

Indian Style Mixed Grill VE - 1 Serving		317Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Creamy Cajun Pasta Bake - 1 Serving		668Kcal	 WHEAT  MILK	 SOYA	
Choripan with Chimmichurri Salsa - 1 Serving		524Kcal	 WHEAT, BARLEY	 MILK  SESAME  SOYA  SULPHITES	
Vegetarian Choripan with Chimmichurri - 1 Serving		371Kcal	 WHEAT, BARLEY  EGGS  SOYA	 OATS, RYE  MILK  SULPHITES	 VEGETARIAN  VEGAN
Grilled Chicken Roti with Slaw & Hot Mango Dressing - 1 Serving		403Kcal	 WHEAT  EGGS	 MUSTARD  SULPHITES	
Wk 3 Fri					
Hand Battered Fish And Chips - 1 Serving		502Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Homemade Cheddar, Sage & Onion Sausage Roll & Chips - 1 Serving		537Kcal	 WHEAT  MILK		 VEGETARIAN
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving		618Kcal	 WHEAT  SOYA		