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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>WK 1 Mon</b>					
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		<b>344</b> Kcal	 MILK		
Moroccan Meatballs with Spiced Cous Cous - 1 Serving		<b>411</b> Kcal	 WHEAT	 MUSTARD  SOYA	
Grilled Ranch Chicken In a Wrap (H) - 1 Serving		<b>384</b> Kcal	 WHEAT	 MUSTARD	 SULPHITES
Grilled Ranch Chicken In a Wrap - 1 Serving		<b>375</b> Kcal	 WHEAT	 MUSTARD	 SULPHITES
<b>WK 1 Tue</b>					
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		<b>503</b> Kcal	 MILK		 VEGETARIAN
Crispy Caesar Chicken Burger & Wedges - 1 Serving		<b>589</b> Kcal	 WHEAT  SESAME	 EGGS	 MILK
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		<b>487</b> Kcal	 WHEAT	 MILK	 SOYA
<b>WK 1 Wed</b>					
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		<b>382</b> Kcal			
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		<b>379</b> Kcal			
Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving		<b>450</b> Kcal			
Roast Pork & Stuffing Baguette - 1 Serving		<b>433</b> Kcal	 WHEAT	 BARLEY  SESAME	

Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
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WK 1 Thur

Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503Kcal	 MILK		 VEGETARIAN
BBQ Chicken & Bacon Cottage Pie - 1 Serving	300Kcal	 WHEAT, BARLEY  MILK  CELERY		
BBQ Chicken Cottage Pie (H) - 1 Serving	280Kcal	 WHEAT, BARLEY  MILK  CELERY		
Crispy Topped Mac & Cheese - 1 Serving	740Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN












WK 1 Fri

Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
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



WK 2 Mon

Spanish Chicken & Chorizo Potatas Bravas Hash - 1 Serving	348Kcal		 MILK  SOYA	
Crispy Beef & Cheese Burrito - 1 Serving	419Kcal	 WHEAT  MILK		









WK 2 Tue

Char Siu Pork with Wok Fried Noodles - 1 Serving	937 Kcal	 WHEAT	 SESAME	 SOYA		
Char Siu Chicken with Wok Fried Noodles (H) - 1 Serving	869 Kcal	 WHEAT	 SESAME	 SOYA		
Jumbo Sausage in a Crusty Baguette with Sticky onions - 1 Serving	727 Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY	 SESAME









WK 2 Wed

Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving	450 Kcal					
Vegetable Calzone - 1 Serving	485 Kcal	 WHEAT	 MILK			






WK 2 Thur

Tex Mex Sausage Plait with Cajun Wedges - 1 Serving	655 Kcal	 WHEAT, BARLEY	 SULPHITES			
Crispy Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	328 Kcal	 WHEAT	 MILK	 SOYA	 OATS, BARLEY, RYE	
Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	288 Kcal	 WHEAT	 SOYA			







WK 2 Fri

Hand Battered Fish And Chips - 1 Serving	502 Kcal	 WHEAT, BARLEY	 FISH		 SULPHITES	
Battered Fish with Chips - 1 Serving	388 Kcal	 WHEAT	 FISH			
Jumbo Sausage with Chunky Chips - 1 Serving	522 Kcal	 WHEAT	 SOYA	 SULPHITES		






WK 3 Mon

Jerk Chicken Drumsticks with Rice & Peas - 1 Serving	599 Kcal					
Chargrilled Cheeseburger with Sauce Selection - 1 Serving	621 Kcal	 WHEAT	 EGGS	 MILK		
		 CELERY	 SESAME			







Wk 3 Tue

Philly Cheese Steak Pasta Bake - 1 Serving	648Kcal	 WHEAT	 MILK		
				 BARLEY	 SESAME
Buffalo Chicken & Mozzarella Garlic Torpedo - 1 Serving	453Kcal	 WHEAT	 MILK		

Wk 3 Wed

Marinated Roast Chicken with Skin-On Roast Potatoes & Gravy - 1 Serving	450Kcal				
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT		 BARLEY	 VEGETARIAN
				 SESAME	 VEGAN

Wk 3 Thur

Meat & Potato Pie, Creamy mashed Potatoes & Gravy - 1 Serving	637Kcal	 WHEAT	 MILK	 SULPHITES	
Indian chicken & Saffron Rice Burrito - 1 Serving	295Kcal	 WHEAT	 MILK	 MUSTARD	

Wk 3 Fri

Greek Feta Spanakopita Parcel & Chips - 1 Serving	395Kcal	 WHEAT	 MILK		 VEGETARIAN
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