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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>WK 1 Mon</b>					
Hickory Smoked Chicken Drumstick with Spicy Rice - 1 Serving		578Kcal		 WHEAT	
Grilled Ranch Chicken In a Wrap (H) - 1 Serving		384Kcal	 WHEAT  MUSTARD  SULPHITES		
Grilled Ranch Chicken In a Wrap - 1 Serving		375Kcal	 WHEAT  MUSTARD  SULPHITES		
Piri Piri Wings - 1 Serving		412Kcal			
<b>WK 1 Tue</b>					
Chilli Beef & Rice Taco & Wedges - 1 Serving		390Kcal	 MILK	 WHEAT	
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		487Kcal	 WHEAT  MILK	 SOYA	
Five Spice Wings. - 1 Serving		394Kcal			
<b>WK 1 Wed</b>					
Hot Honey Chilli Chicken Burrito with Spicy Potatoes - 1 Serving		477Kcal	 WHEAT		
Roast Chicken & Stuffing Baguette - 1 Serving		383Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
Roast Pork & Stuffing Baguette - 1 Serving		433Kcal	 WHEAT	 BARLEY  SESAME	
Tandoori Wings. - 1 Serving		370Kcal			
<b>WK 1 Thur</b>					
BBQ Chilli Chicken Thigh with Tomato Rice - 1 Serving		408Kcal	 WHEAT,  BARLEY  CELERY  SOYA		

Crispy Topped Mac & Cheese - 1 Serving	740Kcal	 WHEAT	 MILK	 MUSTARD  SOYA	 VEGETARIAN
Maple & Sweet Chilli Chicken Wings. - 1 Serving	379Kcal				 HALAL







### WK 1 Fri

Peri Peri Chicken Thigh Burger With Slaw & Fries - 1 Serving	545Kcal	 WHEAT	 SESAME		
Crispy Chicken Burger & Chips - 1 Serving	586Kcal	 WHEAT	 EGGS	 SESAME	
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		
Wild Wing Roulette. - 1 Serving	381Kcal				

### WK 2 Mon


Garlic & Thyme Chicken Drumstick & Rainbow Slaw - 1 Serving	287Kcal				
Crispy Beef & Cheese Burrito - 1 Serving	419Kcal	 WHEAT	 MILK		
Piri Piri Wings - 1 Serving	412Kcal				

### WK 2 Tue









Mexican Chicken & spicy rice Taco & Slaw - 1 Serving	372Kcal			 WHEAT	
Jumbo Sausage in a Crusty Baguette with Sticky onions - 1 Serving	727Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY  SESAME
Buffalo Wings. - 1 Serving	273Kcal				

### WK 2 Wed







Buffalo Chicken & Cheddar Quesadilla with Spicy Potatoes - 1 Serving	490Kcal	 WHEAT	 MILK		
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Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN
Garlic & Lemon Chicken Wings. - 1 Serving	444Kcal			
<b>WK 2 Thur</b>				
Lemon & Herb Chicken Thigh, Wedges & Slaw - 1 Serving	309Kcal			 VEGETARIAN
Crispy Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	328Kcal	 WHEAT	 MILK	 SOYA
Jerk Wings. - 1 Serving	273Kcal		 OATS, BARLEY, RYE	 HALAL
<b>WK 2 Fri</b>				
Texas BBQ Chicken Burger, Mexican slaw & Fries - 1 Serving	600Kcal	 WHEAT, BARLEY	 EGGS	 CELERY
		 SESAME	 SOYA	
Texas BBQ Chicken Thigh Burger, Mexican slaw & Fries - 1 Serving	555Kcal	 WHEAT, BARLEY	 EGGS	 CELERY
		 SESAME	 SOYA	
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK	
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK	
Wild Wing Roulette. - 1 Serving	381Kcal			
<b>WK 3 Mon</b>				
Jerk Chicken Drumsticks with Rice & Peas - 1 Serving	599Kcal			
Chargrilled Cheeseburger with Sauce Selection - 1 Serving	621Kcal	 WHEAT	 EGGS	 MILK
		 CELERY	 SESAME	
Buffalo Wings - 1 Serving	481Kcal			






WK 3 Tue

Spicy Chicken Soft Taco with Paprika Wedges & Sour Cream Dressing - 1 Serving	424Kcal	 WHEAT  EGGS  MILK  MUSTARD		
Buffalo Chicken & Mozzarella Garlic Torpedo - 1 Serving	453Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Five Spice Wings. - 1 Serving	394Kcal			

WK 3 Wed

Tex Mex Beef & Rice Enchilada with a Green Salad - 1 Serving	511Kcal	 WHEAT		
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
BBQ Wings. - 1 Serving	440Kcal			

WK 3 Thur

Louisiana BBQ Chicken Thigh with Mashed Potato - 1 Serving	257Kcal	 MILK		
Indian chicken & Saffron Rice Burrito - 1 Serving	295Kcal	 WHEAT  MILK  MUSTARD		
Maple & Sweet Chilli Chicken Wings. - 1 Serving	379Kcal			 HALAL

WK 3 Fri

Cajun Chicken Burger With Slaw & Paprika Fries - 1 Serving	590Kcal	 WHEAT, BARLEY  CELERY  SESAME  SOYA		
Cajun Chicken Thigh Burger With Slaw & Paprika Fries - 1 Serving	545Kcal	 WHEAT, BARLEY  CELERY  SESAME  SOYA		

Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		<b>352</b> Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving		<b>369</b> Kcal	 MILK		
Wild Wing Roulette. - 1 Serving		<b>381</b> Kcal			

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