

















Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Week 1 Mon					
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344Kcal	 MILK		
Slow Cooked Pasta Bolognese. - 1 Serving		467Kcal	 WHEAT	 MUSTARD  SOYA	
Crispy Chicken Wrap with BBQ Sauce - 1 Serving		436Kcal	 WHEAT, BARLEY  CELERY  SOYA	 EGGS  MILK	
Halal Crispy Chicken Wrap with BBQ Sauce - 1 Serving		399Kcal	 WHEAT, BARLEY  CELERY  SOYA		
Crispy Quorn Dipper Wrap with BBQ Sauce - 1 Serving		355Kcal	 WHEAT, BARLEY  CELERY  SOYA		 VEGETARIAN  VEGAN
Week 1 Tue					
Hot Topped Nacho Pot with Salsa & Sour Cream - 1 Serving		502Kcal	 MILK		 VEGETARIAN
Texan BBQ Chicken Burger & Wedges - 1 Serving		524Kcal	 WHEAT, BARLEY  CELERY  SESAME  SOYA		
Red Slaw - 1 Serving		54Kcal			 VEGETARIAN  VEGAN
Bombay Pasty (V) - 1 Serving		484Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Week 1 Wed					

Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	382Kcal			
Slow Roast Chicken with Roast Potatoes & Gravy - 1 Serving	406Kcal			
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving	379Kcal			
Roast Pork & Stuffing Bap - 1 Serving	390Kcal	 WHEAT	 SESAME	
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN



Week 1 Thur

































Hot Topped Nacho Pot with Salsa & Sour Cream - 1 Serving	502Kcal	 MILK		 VEGETARIAN
Sweet and Sour Battered Chicken with Fried rice. - 1 Serving	452Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE  SOYA	
Baked Sausages with Caramelised Onions, Mash and Gravy - 1 Serving	552Kcal	 WHEAT  SULPHITES	 MILK  SOYA	






Week 1 Fri

Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		
Breaded Scampi Bites & Chips - 1 Serving	253Kcal	 WHEAT	 FISH  CRUSTACEANS	 MOLLUSCS
Spicy Bean Burger in a Soft Bap & Chips - 1 Serving	578Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN

Week 2 Mon

Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving	344Kcal	 MILK		
Gaeng Daeng (Thai Red Chicken Curry) - 1 Serving	470Kcal	 WHEAT		






Crispy Chicken Wrap with Cool Mayo - 1 Serving	466Kcal	 WHEAT	 EGGS	 MILK	
Halal Crispy Chicken Wrap with Cool Mayo - 1 Serving	458Kcal	 WHEAT	 EGGS		
Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving	384Kcal	 WHEAT	 EGGS		 VEGETARIAN
Week 2 Tue					
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503Kcal		 MILK		 VEGETARIAN
BBQ Pulled Pork or Chicken with Cajun Wedges - 1 Serving	366Kcal	 WHEAT	 SOYA		
Tandoori Chicken & Lentil Kati Wrap with Indian Slaw & Mint Yoghurt - 1 Serving	481Kcal	 WHEAT	 EGGS	 MILK	
Week 2 Wed					
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	382Kcal				
Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal				
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME	 VEGETARIAN  VEGAN
Week 2 Thur					
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503Kcal		 MILK		 VEGETARIAN
Greek Crispy Chicken Gyros & Tzatziki - 1 Serving	373Kcal	 WHEAT	 EGGS	 MILK	
		 MUSTARD	 SULPHITES		
Sweet Chilli Glazed Sausage & Peppers in a Sub Roll - 1 Serving	730Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY  SESAME
Week 2 Fri					
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		

Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH		
Jumbo Sausage with Chunky Chips - 1 Serving	522Kcal	 WHEAT	 SOYA	 SULPHITES	





Week 3 Mon

Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving	344Kcal	 MILK			
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving	376Kcal	 WHEAT		 MILK	 SOYA
Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	431Kcal	 WHEAT		 EGGS	 MILK
Halal Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	394Kcal	 WHEAT	 CELERY		
Crispy Quorn Dipper Wrap with Peri Peri Sauce - 1 Serving	210Kcal	 WHEAT			 VEGETARIAN  VEGAN












Week 3 Tue

Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503Kcal	 MILK			 VEGETARIAN
Mexican Pork & Bean Soft Taco, Red Slaw & Rice - 1 Serving	689Kcal	 WHEAT			
Roasted Vegetable Personal Calzone - 1 Serving	496Kcal	 WHEAT	 MILK		

Week 3 Wed

Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	382Kcal				
Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal				
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME	 VEGETARIAN  VEGAN

Week 3 Thur

Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503Kcal	 MILK		 VEGETARIAN
Singapore Black Pepper Chicken with Wok Fried Noodles - 1 Serving	636Kcal	 WHEAT	 SESAME	 SOYA
Chilli Cheese Dog with Choice of Sauces - 1 Serving	746Kcal	 WHEAT	 EGGS	 MILK
		 SOYA	 SULPHITES	 BARLEY
				 SESAME

Week 3 Fri

Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH	
Vegan Sausage Roll with Chunky Chips - 1 Serving	530Kcal	 WHEAT, BARLEY	 SOYA	 MILK
				 VEGETARIAN
				 VEGAN