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Week 1 Mon					
Slow Cooked Pasta Bolognese. - 1 Serving		467 Kcal	 WHEAT	 MUSTARD  SOYA	
Creamy Tomato & Mozzarella Gnocchi Bake - 1 Serving		236 Kcal	 WHEAT	 MILK	 VEGETARIAN
Crispy Chicken Wrap with BBQ Sauce - 1 Serving		436 Kcal	 WHEAT, BARLEY	 CELERY  SOYA	 EGGS  MILK
Crispy Quorn Dipper Wrap with BBQ Sauce - 1 Serving		355 Kcal	 WHEAT, BARLEY	 CELERY  SOYA	 VEGETARIAN  VEGAN
Halal Crispy Chicken Wrap with BBQ Sauce - 1 Serving		399 Kcal	 WHEAT, BARLEY	 CELERY  SOYA	
Garlic Slice (each) - 1 Serving		82 Kcal	 WHEAT		 MILK  SOYA  VEGETARIAN
Indian Butter Chicken & Fragrant Lentil Rice - 1 Serving		459 Kcal			
Week 1 Tue					
Texan BBQ Chicken Burger & Wedges - 1 Serving		524 Kcal	 WHEAT, BARLEY  CELERY  SESAME  SOYA		
Korean Vegetable Stir Fry with Fried Rice (V) - 1 Serving		519 Kcal	 WHEAT	 SOYA	 VEGETARIAN  VEGAN





Bombay Pasty (V) - 1 Serving	484Kcal	 WHEAT	 SULPHITES	 VEGETARIAN  VEGAN
Chargrilled Quarter Pounder in a Soft Bap with Spiced Wedges - 1 Serving	784Kcal	 WHEAT, BARLEY	 EGGS	 MILK
		 CELERY	 SESAME	 SOYA

Week 1 Wed

Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving	379Kcal			
Roast Pork & Stuffing Bap - 1 Serving	390Kcal	 WHEAT	 SESAME	
Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal			
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving	254Kcal	 EGGS		 VEGETARIAN
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK	 VEGETARIAN
			 SOYA	
Four Cheese Tortellini with Tomato & Basil Sauce - 1 Serving	252Kcal	 WHEAT	 EGGS	 MILK
				 VEGETARIAN

Week 1 Thur













Baked Sausages with Caramelised Onions, Mash and Gravy - 1 Serving	552Kcal	 WHEAT	 MILK	 SOYA
		 SULPHITES		
Baked Vegetable Sausages with Caramelised Onions, Mash and Gravy - 1 Serving	313Kcal	 MILK		 VEGETARIAN
Mac & Cheese with Optional Hot Sauce - 1 Serving	691Kcal	 WHEAT	 MILK	 MUSTARD
				 SOYA
				 VEGETARIAN





Sweet and Sour Battered Chicken with Fried rice. - 1 Serving	452Kcal	 WHEAT	 MILK	 OATS, BARLEY, RYE  SOYA
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Week 1 Fri












Hand Battered Fish And Chips - 1 Serving	431Kcal	 WHEAT, BARLEY	 FISH	 SULPHITES
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH	
Breaded Scampi Bites & Chips - 1 Serving	253Kcal	 WHEAT	 FISH	 CRUSTACEANS  MOLLUSCS
Jumbo Sausage with Chunky Chips - 1 Serving	522Kcal	 WHEAT	 SOYA	 SULPHITES
Spicy Bean Burger in a Soft Bap & Chips - 1 Serving	578Kcal	 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	

Week 2 Mon









Fajita Chicken & Sweetcorn Pasta Bake - 1 Serving	544Kcal	 WHEAT	 MILK	
Mediterranean Tart with New Potatoes - 1 Serving	488Kcal	 WHEAT	 SOYA	
Halal Crispy Chicken Wrap with Cool Mayo - 1 Serving	458Kcal	 WHEAT	 EGGS	
Crispy Chicken Wrap with Cool Mayo - 1 Serving	466Kcal	 WHEAT	 EGGS	 MILK
Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving	384Kcal	 WHEAT	 EGGS	 VEGETARIAN

Garlic Bread - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA
Gaeng Daeng (Thai Red Chicken Curry) - 1 Serving	470Kcal	 WHEAT	






Week 2 Tue

BBQ Pulled Pork or Chicken with Cajun Wedges - 1 Serving	366Kcal	 WHEAT	 SOYA	
Mixed Bean Chilli Loaded Wedges - 1 Serving	337Kcal		 WHEAT	 VEGETARIAN  VEGAN
Tandoori Chicken Khati Wrap with Indian Slaw - 1 Serving	481Kcal	 WHEAT	 EGGS	 MILK
Blackbean Vegetable Stir fry with Salt & Pepper Potatoes - 1 Serving	471Kcal	 WHEAT	 SESAME	 SOYA

Week 2 Wed










Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal			
Cauliflower Cheese Yorkie, Roast Potatoes & Gravy - 1 Serving	546Kcal	 WHEAT	 EGGS	 MILK
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME
Chicken Tikka Massala with Steamed Rice - 1 Serving	339Kcal		 MILK	 VEGETARIAN  VEGAN

Week 2 Thur

Chilli Con Carne, Tortilla Chips & Steamed Rice - 1 Serving	451Kcal			
Tomato & Herb Pasta Bake - 1 Serving	458Kcal	 WHEAT	 MILK	
Sweet Chilli Glazed Sausage & Peppers in a Sub Roll - 1 Serving	730Kcal	 WHEAT	 SOYA	 SULPHITES
			 BARLEY	 SESAME

Garlic Bread - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA
Greek Crispy Chicken Gyros & Tzatziki - 1 Serving	373Kcal	 WHEAT  MUSTARD	 EGGS  SULPHITES  MILK
















Week 2 Fri

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









Week 3 Mon

Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving	376Kcal	 WHEAT	 MILK  SOYA
Roasted Vegetable & Potato Mozzarella Bake - 1 Serving	215Kcal	 MILK	
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






















Mexican Pork & Bean Soft Taco, Red Slaw & Rice - 1 Serving	689Kcal	 WHEAT		
Macaroni Cheese - 1 Serving	688Kcal	 WHEAT	 MILK	 MUSTARD  SOYA  VEGETARIAN
Roasted Vegetable Personal Calzone - 1 Serving	496Kcal	 WHEAT	 MILK	
Katsu Curry Bar with Crispy Chicken, Spring Onion Rice & Crunchy Slaw - 1 Serving	534Kcal	 WHEAT	 SOYA	 EGGS  MILK
Katsu Curry Bar with Crispy Quorn Dippers, Spring Onion Rice & Crunchy Slaw - 1 Serving	453Kcal	 WHEAT	 SOYA	 VEGETARIAN


























Week 3 Wed

Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal			
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving	254Kcal	 EGGS		 VEGETARIAN
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME  VEGETARIAN  VEGAN
Cheeseburger Nachos with Gherkins, Cheese & Mayonnaise - 1 Serving	403Kcal	 EGGS  SULPHITES	 MILK  MUSTARD	

Week 3 Thur

All Day Breakfast - 1 Serving	622Kcal	 WHEAT  SOYA	 EGGS  SULPHITES	 MILK	
Garlic Mushroom Stroganoff with Rice - 1 Serving	264Kcal	 SULPHITES			 VEGETARIAN  VEGAN
Chilli Cheese Dog with Choice of Sauces - 1 Serving	746Kcal	 WHEAT  SOYA	 EGGS  SULPHITES	 MILK	 BARLEY  SESAME

Singapore Black Pepper Chicken with Wok Fried Noodles - 1 Serving	636Kcal	 WHEAT	 SESAME	 SOYA	
Week 3 Fri					
Battered Fish with Chips - 1 Serving	388Kcal	 WHEAT	 FISH		
Vegan Sausage Roll & Chips - 1 Serving	530Kcal	 WHEAT, BARLEY	 SOYA	 MILK	
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		
Sides					
Baked Beans - 1 Serving	74Kcal				 VEGETARIAN  VEGAN
Garden peas - 1 Serving	38Kcal				
Roasted Cauliflower - 1 Serving	72Kcal				 VEGETARIAN  VEGAN
Cauliflower - 1 Serving	15Kcal				
Broccoli - 1 Serving	30Kcal				 VEGETARIAN  VEGAN
Sweetcorn - 1 Serving	52Kcal				
Green Beans - 1 Serving	22Kcal				 VEGETARIAN  VEGAN
Steamed Seasonal Vegetables - 1 Serving	44Kcal				 VEGETARIAN

Rainbow Slaw - 1 Serving	21 Kcal				 VEGETARIAN  VEGAN
Mexican Sweetcorn Slaw - 1 Serving	65 Kcal	 EGGS			 VEGETARIAN  VEGAN
Indian Slaw - 1 Serving	91 Kcal	 EGGS	 MILK		 VEGETARIAN  VEGAN
Red Slaw - 1 Serving	54 Kcal				 VEGETARIAN  VEGAN
Green Salad - 1 Serving	6 Kcal				 VEGETARIAN
Mixed Salad - 1 Serving	7 Kcal				 VEGETARIAN  VEGAN
Meal Deal Desserts					
Iced Sponge - Meal Deal - 1 Serving	269 Kcal	 WHEAT	 EGGS	 MILK	 VEGETARIAN
Chocolate Brownie - Meal Deal - 1 Serving	253 Kcal	 WHEAT	 EGGS		 VEGETARIAN
Flapjack - Meal Deal - 1 Serving	482 Kcal	 OATS		 WHEAT, BARLEY	 VEGETARIAN  VEGAN