


Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Monday Week 1					
Chilli Beef Gordita Crunch Taco - 1 Serving		365 Kcal	 WHEAT  MILK		
Plant Based Gordita Crunch Taco - 1 Serving		286 Kcal	 WHEAT  MILK  SOYA		
Sweetcorn - 1 Serving		52 Kcal			
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		426 Kcal	 WHEAT	 EGGS  MILK	
Cajun Wings - 1 Serving		582 Kcal			
Tuesday Week 1					
Buffalo Chicken Drumsticks - 1 Serving		447 Kcal			
Lemon & Herb Chicken Drumsticks - 1 Serving		460 Kcal			
Spiced Potato Wedges - 1 Serving		185 Kcal			
Mixed Salad - 1 Serving		9 Kcal			
Indian Tapas Pot with Mango Chutney - 1 Serving		423 Kcal	 WHEAT		
Peri Peri Veg & Tater Tots - 1 Serving		208 Kcal			
Wednesday Week 1					
Mexican Chicken Burrito - 1 Serving		355 Kcal	 WHEAT		
Vegetarian Burrito - 1 Serving		318 Kcal	 WHEAT  SOYA		





Hot Roast Gammon Baguette - 1 Serving	445Kcal	WHEAT	BARLEY	SESAME
Crunchy summer salad - 1 Serving	31Kcal			
Lemon & Herb Wings - 1 Serving	476Kcal			

Thursday Week 1











Firecracker Grilled Chicken Thigh. - 1 Serving	143Kcal			
Grilled Citrus Chicken Thigh - 1 Serving	152Kcal			
Crushed New Potatoes - 1 Serving	231Kcal			
Carrots - 1 Serving	33Kcal			
Hand Stretched Margherita Stromboli - 1 Serving	407Kcal	WHEAT	MILK	
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	WHEAT	EGGS	MILK
		SULPHITES		

Friday Week 1






Crispy Chicken Burger - 1 Serving	506Kcal	WHEAT	EGGS	CELERY
		SESAME		
Spicy Bean Burger - 1 Serving	480Kcal	WHEAT	EGGS	MILK
		MUSTARD	SESAME	
Peri Peri Fries - 1 Serving	141Kcal			
Garden peas - 1 Serving	76Kcal			
Baked Beans - 1 Serving	74Kcal			

Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal	 MILK		
Wild Wing Roulette - 1 Serving	492Kcal	 MUSTARD  SULPHITES		












Monday Week 2

Huli Huli Chicken Taco - 1 Serving	256Kcal	 SOYA  WHEAT		
Fiery Bean & Feta Taco. - 1 Serving	318Kcal	 MILK  SULPHITES  WHEAT		
Sweetcorn - 1 Serving	52Kcal			
Dirty Rice - 1 Serving	269Kcal			
Crispy Chicken Wrap with Cool Mayo - 1 Serving	473Kcal	 WHEAT  EGGS  MILK		
Chipotle Wings - 1 Serving	604Kcal	 WHEAT  SOYA		






Tuesday Week 2

Hot & Spicy Chicken Drumstick - 1 Serving	447Kcal			
Louisiana BBQ Chicken Drumstick - 1 Serving	430Kcal			
Spiced Potato Wedges - 1 Serving	185Kcal			
Mixed Salad - 1 Serving	9Kcal			
Garden peas - 1 Serving	76Kcal			
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	 WHEAT  EGGS  MILK  SULPHITES		
Vegan Buffalo Wings - 1 Serving	240Kcal	 WHEAT		








Wednesday Week 2





Peri Peri Beef Quesadilla - 1 Serving	419Kcal	 WHEAT	 MILK	 SULPHITES		
Jalapeno, Sweetcorn & Potato Quesadilla - 1 Serving	534Kcal	 WHEAT	 MILK			
Chilli & Tomato Rice - 1 Serving	228Kcal				 WHEAT	
Green Salad - 1 Serving	6Kcal					
Jumbo Hot Dog with Sauce Selection - 1 Serving	648Kcal	 WHEAT	 EGGS	 SOYA	 OATS, BARLEY, RYE	 MILK
Garlic & Lemon Wings - 1 Serving	477Kcal					

Thursday Week 2







Chipotle Chicken Thigh - 1 Serving	171Kcal					
Sticky Smoky BBQ Chicken Thigh - 1 Serving	345Kcal		 SULPHITES			
Bravas Potatoes - 1 Serving	165Kcal		 SULPHITES			
Roasted Sweetcorn Salsa - 1 Serving	30Kcal					
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	398Kcal					
Mozzarella Sticks and Cajun Chilli Jam - 1 Serving	291Kcal	 WHEAT	 MILK	 SOYA		

Friday Week 2









Proper Peri Spiced Chicken Dog - 1 Serving	304Kcal	 WHEAT	 EGGS		 SESAME	
Peri Spiced Halloumi Dog with Guacamole, Salsa & Salad - 1 Serving	364Kcal	 WHEAT	 MILK	 SOYA	 SESAME	
Peri Peri Fries - 1 Serving	141Kcal					

Baked Beans - 1 Serving	74Kcal			
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Wild Wing Roulette - 1 Serving	492Kcal	 MUSTARD	 SULPHITES	








Monday Week 3

Peri Peri Chicken Soft Taco with Tomato Salsa - 1 Serving	202Kcal	 WHEAT		
Hickory Smoked Chicken Soft Taco with Tomato Salsa - 1 Serving	198Kcal	 WHEAT		
Smoked Paprika Wedges - 1 Serving	215Kcal			
Mixed Salad - 1 Serving	9Kcal			
Crispy Chicken Wrap with Sweet Chilli - 1 Serving	444Kcal	 WHEAT	 EGGS	 MILK
Very Peri Wings - 1 Serving	581Kcal	 SULPHITES		









Tuesday Week 3

Jerk Chicken Drumstick - 1 Serving	417Kcal			
Garlic & Thyme Chicken Drumstick - 1 Serving	460Kcal			
Traditional Rice & Peas - 1 Serving	259Kcal			
Rainbow Slaw - 1 Serving	69Kcal	 EGGS		
TUGO Mac N Cheese Pasta Pot - 1 Serving	352Kcal	 WHEAT	 MILK	 MUSTARD
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	 WHEAT	 EGGS	 MILK
		 SULPHITES		






Wednesday Week 3





Baked Beef & Rice Enchilada - 1 Serving	520Kcal	 WHEAT		
5 Bean & Rice Baked Enchilada - 1 Serving	490Kcal	 WHEAT	 MUSTARD	
Green Salad - 1 Serving	6Kcal			
BBQ Pulled Pork Baguette - 1 Serving	492Kcal	 WHEAT	 SOYA	 BARLEY  SESAME
Buffalo Wings - 1 Serving	489Kcal			

Thursday Week 3

Very Peri Chicken Thigh - 1 Serving	169Kcal			
Not So Peri Chicken Thigh - 1 Serving	168Kcal			
Tomato Rice - 1 Serving	237Kcal			 WHEAT
Citrus Slaw - 1 Serving	38Kcal			
Cajun Chicken Burger with Sour Cream, Jalapeno and Crisp Lettuce in a Soft Bap - 1 Serving	433Kcal	 WHEAT	 EGGS	 MILK
		 MUSTARD	 SESAME	
Cauliflower Wings & BBQ Dip - 1 Serving	104Kcal	 WHEAT		 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS

Friday Week 3

Cajun Bean Burger with Sour Cream, Jalapeno and Crisp Lettuce in a Soft Bap - 1 Serving	483Kcal	 WHEAT	 EGGS	 MILK
		 MUSTARD	 SESAME	
Smoky Paprika Fries - 1 Serving	141Kcal			

Baked Beans - 1 Serving	74Kcal			
Garden peas - 1 Serving	76Kcal			
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal	 MILK		
Wild Wing Roulette - 1 Serving	492Kcal	  MUSTARD SULPHITES		

Generated by Nutritics v5.89 on 20th Jul 2023. Last Modified 19th Jul 2023.