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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Slow Cooked Spaghetti Bolognese with Garlic Slice - 1 Serving		584Kcal	 WHEAT	 MILK  MUSTARD  SOYA	
BBQ Bacon Ranch BLT - 1 Serving		504Kcal	 WHEAT, BARLEY  MILK  SOYA	 EGGS  CELERY	 SESAME
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344Kcal	 MILK		
Wk 1 Tue					
Chicken, Chorizo, Sweet Potato Hash with Rainbow Slaw - 1 Serving		308Kcal	 EGGS  SULPHITES	 MILK  SOYA	












Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 1 Wed					
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		434Kcal			
Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving		493Kcal			
Honey Roast Gammon with Skin-On Roast Potatoes & Gravy - 1 Serving		312Kcal	 MUSTARD		
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving		293Kcal	 EGGS		 VEGETARIAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  MILK  EGGS	 SOYA	
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		505Kcal			
Wk 1 Thur					
Hot Honey Crispy Chicken with Steamed Rice - 1 Serving		386Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE  SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 1 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Homemade Cheddar, Sage & Onion Sausage Roll & Chips - 1 Serving		537Kcal	 WHEAT  MILK		 VEGETARIAN
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		
Wk 2 Mon					
Creamy Piri Piri Chicken with Garlic Orzo - 1 Serving		433Kcal	 WHEAT  MILK	 MUSTARD  SOYA	
Hunters Chicken Folded Wrap - 1 Serving		548Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344 Kcal	 MILK		
Wk 2 Tue					
Crunchy Crumb Cheese Topped Cumberland Pie - 1 Serving		459 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Tandoori Chicken Naan Wrap Pot - 1 Serving		579 Kcal	 WHEAT  EGGS  MILK		
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503 Kcal	 MILK		 VEGETARIAN
Wk 2 Wed					
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		774 Kcal	 WHEAT  MILK  SESAME  SOYA  SULPHITES		
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		505 Kcal			
Wk 2 Thur					
Korean Pulled Pork with Kimchi & Fried Rice - 1 Serving		579 Kcal	 WHEAT  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal		 MUSTARD  SULPHITES	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 2 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving		476Kcal	 WHEAT  MILK  EGGS  SESAME	 SOYA	
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		
Wk 3 Mon					
Southern Baked Ranch Chicken & Rice Pot with Creamy Slaw - 1 Serving		559Kcal	 WHEAT  MILK  EGGS		
Toasted Sourdough Reuban Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  MILK  EGGS  MUSTARD		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
			 SOYA  SULPHITES		
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344 Kcal	 MILK		
Wk 3 Tue					
Jumbo Sausage in a Crusty Baguette with Sticky onions & Wedges - 1 Serving		819 Kcal	 WHEAT  SULPHITES	 BARLEY  SESAME	
Crispy Chicken Stack Burger - 1 Serving		506 Kcal	 WHEAT  SESAME	 EGGS	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503 Kcal	 MILK		 VEGETARIAN
Wk 3 Wed					
Greek Chicken Orzo Bowl with Roasted Veggies & Tzatziki - 1 Serving		421 Kcal	 WHEAT  MILK	 EGGS  MUSTARD  SOYA	
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		505 Kcal			
Wk 3 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Tex Mex Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice copy - 1 Serving		377Kcal	 WHEAT, BARLEY  CELERY  SOYA		
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 3 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Sweet Chilli Crispy Mac 'n' Cheese Bites & Chips - 1 Serving		411Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		