




































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Monday Wk 1					
Slow Cooked Pasta Bolognese. - 1 Serving		467 Kcal	 WHEAT	 MUSTARD  SOYA	
Broccoli Pasta Bake - 1 Serving		583 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Mixed Salad - 1 Serving		12 Kcal			 VEGETARIAN  VEGAN
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		419 Kcal	 WHEAT	 EGGS  MILK	
Crispy Quorn Dipper Wrap with Spicy Salsa - 1 Serving		338 Kcal	 WHEAT		 VEGETARIAN  VEGAN
South Indian Chicken Coconut Curry with Lemon Rice (VG) - 1 Serving		502 Kcal	 SULPHITES		 VEGETARIAN  VEGAN
Tuesday Wk 1					
Peri Peri Chicken Thigh & Wedges - 1 Serving		310 Kcal			 VEGETARIAN
Spanish Omelette with Wedges - 1 Serving		438 Kcal	 EGGS  MILK		 VEGETARIAN
Boston BBQ Pit Beans - 1 Serving		111 Kcal	 WHEAT  SOYA		 VEGETARIAN
Pizza Grilled Cheese - 1 Serving		299 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Build Your Own Signature Burger - 1 Serving		630 Kcal	 WHEAT, BARLEY  CELERY	 EGGS  SESAME	 MILK  SOYA
Wednesday Wk 1					







Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal				
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving	262Kcal	WHEAT	EGGS		VEGETARIAN
Steamed Seasonal Vegetables - 1 Serving	44Kcal				VEGETARIAN
Vegetable Calzone - 1 Serving	556Kcal	WHEAT	MILK		
Four Cheese Tortellini with Tomato & Basil Sauce - 1 Serving	252Kcal	WHEAT	EGGS	MILK	VEGETARIAN

Thursday Wk 1





















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
Carrots - 1 Serving	33Kcal				
Mac & Cheese Pot - 1 Serving	688Kcal	WHEAT	MILK	MUSTARD	SOYA
					VEGETARIAN
Crunchy Nacho Chicken Chilli with Louisiana Rice - 1 Serving	465Kcal	MILK			VEGETARIAN

Friday Wk 1



Battered Fish with Chips - 1 Serving	400Kcal	WHEAT	FISH		
Cooked From Fresh Hand Battered Cod - 1 Serving	319Kcal	WHEAT, BARLEY	FISH	SULPHITES	
Crispy Chicken Burger & Chips - 1 Serving	580Kcal	WHEAT	EGGS	CELERY	
		SESAME			
Spicy Bean Burger in a Soft Bap & Chips - 1 Serving	631Kcal	WHEAT	EGGS	MILK	VEGETARIAN
		MUSTARD	SESAME		
Garden peas - 1 Serving	76Kcal				VEGETARIAN
					VEGAN

Baked Beans - 1 Serving	74Kcal				 VEGETARIAN  VEGAN
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK			
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK			
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Roll - 1 Serving	594Kcal	 WHEAT	 SOYA		


















Monday Wk 2

Chicken & Pepperoni Pasta Bake - 1 Serving	561Kcal	 WHEAT	 MILK	 EGGS  MUSTARD	 CELERY  SOYA	
Roasted Vegetable Lasagne - 1 Serving	347Kcal	 WHEAT	 MILK	 EGGS  SOYA	 MUSTARD	
Sweetcorn - 1 Serving	52Kcal					
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
Quorn Tikka Massala with Steamed Rice - 1 Serving	319Kcal	 EGGS	 MILK			 VEGETARIAN













Tuesday Wk 2

Chilli Con Carne, Tortilla Chips & Steamed Rice - 1 Serving	451Kcal					
Plant Based Chilli Cheese Quesadilla & Steamed Rice - 1 Serving	581Kcal	 WHEAT	 MILK	 SOYA		 VEGETARIAN
Garden peas - 1 Serving	76Kcal					 VEGETARIAN  VEGAN
Tomato, Pesto & mozzarella Grilled Cheese - 1 Serving	350Kcal	 WHEAT	 MILK		 OATS, BARLEY, RYE	
Middle Eastern Chicken Shawarma with Khobez - 1 Serving	366Kcal	 WHEAT	 EGGS	 MILK		









Wednesday Wk 2












Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving	379Kcal				
Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal				
Veggie Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving	393Kcal	 WHEAT	 EGGS	 MILK	
Steamed Seasonal Vegetables - 1 Serving	44Kcal				 VEGETARIAN
BBQ Roast Pork Bap with Melted Cheese - 1 Serving	435Kcal	 WHEAT, BARLEY	 MILK	 CELERY	 SESAME
Meatball Marinara Sub with Grated Cheese & Rainbow Slaw - 1 Serving	490Kcal	 WHEAT	 MILK		 BARLEY  SESAME
Veggie Ball Marinara with Sub with Grated Cheese & Rainbow Slaw - 1 Serving	453Kcal	 WHEAT, BARLEY	 MILK	 SOYA	 SESAME  VEGETARIAN

Thursday Wk 2
















Regional Meat & Potato Pie, Creamy mashed Potatoes & Gravy - 1 Serving	669Kcal	 WHEAT	 MILK	 SULPHITES	
Tomato & Herb Pasta Bake - 1 Serving	458Kcal	 WHEAT	 MILK		
Green Beans - 1 Serving	22Kcal				 VEGETARIAN  VEGAN
Spicy Chicken & Hash brown Stack - 1 Serving	475Kcal	 WHEAT	 CELERY	 SESAME	
Teriyaki Chicken Bao Bun with Kimchi Slaw & Asian Fries - 1 Serving	394Kcal	 WHEAT	 SOYA		

Friday Wk 2










Battered Fish with Chips - 1 Serving	400Kcal	 WHEAT	 FISH		
Cooked From Fresh Hand Battered Cod - 1 Serving	319Kcal	 WHEAT, BARLEY	 FISH	 SULPHITES	
Jumbo Sausage with Chunky Chips - 1 Serving	522Kcal	 WHEAT	 SOYA	 SULPHITES	








Homemade Cheese & Potato Pie with Chunky Chips - 1 Serving	795Kcal	 WHEAT	 MILK	 VEGETARIAN
Garden peas - 1 Serving	76Kcal			 VEGETARIAN  VEGAN
Baked Beans - 1 Serving	74Kcal			 VEGETARIAN  VEGAN
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK	
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK	
Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving	472Kcal	 WHEAT	 SOYA	

Monday Wk 3













Tandoori Chicken Open Burrito with Mint Yoghurt Dressing - 1 Serving	496Kcal	 WHEAT	 EGGS	 MILK	
Vegetable Tikka Open Burrito with Mint Yoghurt Dressing copy - 1 Serving	511Kcal	 WHEAT	 EGGS	 MILK	
Rainbow Slaw - 1 Serving	76Kcal		 EGGS		 VEGETARIAN  VEGAN
Crispy Chicken Wrap with Sweet Chilli - 1 Serving	443Kcal	 WHEAT		 EGGS	 MILK
Crispy Quorn Dipper Wrap with Sweet Chilli - 1 Serving	362Kcal	 WHEAT			 VEGETARIAN  VEGAN
Chilli Topped Nachos with Sour Cream, Salsa & jalepenos - 1 Serving	474Kcal		 EGGS	 MILK	 MUSTARD

Tuesday Wk 3



















All Day Breakfast - 1 Serving	487Kcal	 WHEAT  SULPHITES	 EGGS	 SOYA	
Macaroni Cheese - 1 Serving	688Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA  VEGETARIAN




Baked Beans - 1 Serving	74Kcal				 VEGETARIAN  VEGAN
Garden peas - 1 Serving	76Kcal				 VEGETARIAN  VEGAN
Cheese & Tomato Stromboli - 1 Serving	458Kcal	 WHEAT	 MILK		
Minced Pork Rendang with Fragrant Coconut Rice - 1 Serving	471Kcal	 SOYA			

Wednesday Wk 3

Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308Kcal				
Sweet Potato, Lentil & Chickpea loaf, Roast Potatoes & Gravy - 1 Serving	433Kcal	 OATS	 EGGS	 WHEAT, BARLEY	
Steamed Seasonal Vegetables - 1 Serving	44Kcal				 VEGETARIAN
Cheeseburger with Sauce Selection - 1 Serving	621Kcal	 WHEAT  CELERY	 EGGS  SESAME	 MILK	
Plant Based Sausage Gumbo & Tortilla Chips - 1 Serving	424Kcal	 WHEAT			 VEGETARIAN  VEGAN

Thursday Wk 3

Traditional Slow Cooked Beef Lasagne - 1 Serving	356Kcal	 WHEAT	 MILK	 EGGS  SOYA	 MUSTARD	
Feta & Spinach Parcel with New Potatoes - 1 Serving	511Kcal	 WHEAT	 MILK			 VEGETARIAN
Carrots - 1 Serving	33Kcal					
Jumbo Hot Dog with Sauce Selection - 1 Serving	715Kcal	 WHEAT  SULPHITES	 EGGS	 SOYA	 BARLEY  SESAME	
Katsu Curry Bar with Crispy Chicken, Spring Onion Rice & Crunchy Slaw - 1 Serving	533Kcal	 WHEAT	 SOYA	 EGGS	 MILK	

Katsu Curry Bar with Crispy Quorn Dippers, Spring Onion Rice & Crunchy Slaw - 1 Serving	453Kcal	 WHEAT	 SOYA		 VEGETARIAN
Friday Wk 3					
Battered Fish with Chips - 1 Serving	400Kcal	 WHEAT	 FISH		
Cooked From Fresh Hand Battered Cod - 1 Serving	319Kcal	 WHEAT,  BARLEY	 FISH	 SULPHITES	
Jumbo Sausage with Chunky Chips - 1 Serving	522Kcal	 WHEAT	 SOYA	 SULPHITES	
Vegan Sausage Roll with Chunky Chips - 1 Serving	530Kcal	 WHEAT,  BARLEY	 SOYA	 MILK	 VEGETARIAN  VEGAN
Garden peas - 1 Serving	76Kcal				 VEGETARIAN  VEGAN
Baked Beans - 1 Serving	74Kcal				 VEGETARIAN  VEGAN
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
Oriental BBQ Vegetable Stir Fry Noodles - 1 Serving	547Kcal	 WHEAT	 SOYA		
Meal Deal Desserts					
Flapjack - Meal Deal - 1 Serving	482Kcal	 OATS		 WHEAT,  BARLEY	 VEGETARIAN  VEGAN
Chocolate Brownie - Meal Deal - 1 Serving	253Kcal	 WHEAT	 EGGS		 VEGETARIAN
Iced Sponge - Meal Deal - 1 Serving	269Kcal	 WHEAT	 EGGS	 MILK	 VEGETARIAN