

SK Feb 26



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
WK 1 Mon					
Slow Cooked Spaghetti Bolognese with Garlic Slice - 1 Serving		584 Kcal	 WHEAT	 MILK  MUSTARD  SOYA	
Grilled Veg Flatbread with Tzatziki & Crumbled Feta - 1 Serving		345 Kcal	 WHEAT  MILK	 EGGS	 VEGETARIAN
BBQ Bacon Ranch BLT - 1 Serving		504 Kcal	 WHEAT, BARLEY  MILK  SOYA	 EGGS  CELERY	 SESAME
Smoky Chicken & Pineapple with Coconut Rice - 1 Serving		442 Kcal	 SOYA	 SULPHITES	
WK 1 Tue					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken, Chorizo, Sweet Potato Hash with Rainbow Slaw - 1 Serving		308 Kcal	 EGGS  SULPHITES	 MILK  SOYA	
Indian Tapas Pot with Mango Chutney - 1 Serving		423 Kcal	 WHEAT		 VEGETARIAN  VEGAN
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441 Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Singapore Noodles with Edemame Beans & Soy Glazed Mushrooms - 1 Serving		365 Kcal	 WHEAT  SOYA		
Wk 1 Wed					
Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving		493 Kcal			
Honey Roast Gammon with Skin-On Roast Potatoes & Gravy - 1 Serving		312 Kcal	 MUSTARD		
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		434 Kcal			
Roast Turkey & Stuffing - 1 Serving		340 Kcal	 WHEAT		

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Veggie Bangers with Mashed Potato Gravy - 1 Serving		345Kcal	 WHEAT  MILK  SOYA  SULPHITES		 VEGETARIAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  EGGS  MILK  SOYA		
Vegetable Tikka, with Pilau Rice, Naan & Spiced Ketchup - 1 Serving		438Kcal	 WHEAT  SOYA		 VEGETARIAN
Wk 1 Thur					
Hot Honey Crispy Chicken & Steamed Rice - 1 Serving		386Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE  SOYA	
Creamy Cajun Pasta Bake - 1 Serving		668Kcal	 WHEAT  MILK	 SOYA	
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Jerk Chicken Thigh with Rice & Peas - 1 Serving		400Kcal			
Wk 1 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	

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Battered Fish with Chips - 1 Serving		388 Kcal	 WHEAT  FISH		
Homemade Cheddar, Sage & Onion Sausage Roll & Chips - 1 Serving		662 Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving		656 Kcal	 WHEAT  SOYA		
Salt & Pepper Loaded Fries - 1 Serving		387 Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214 Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352 Kcal	 MILK		
Loaded Pizza Fries - 1 Serving		421 Kcal	 MILK		
Wk 2 Mon					
Creamy Piri Piri Chicken with Garlic Orzo - 1 Serving		433 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Curried Vegetable & Paneer Puff Pastry Samosa - 1 Serving		406 Kcal	 WHEAT  MILK		 VEGETARIAN
Hunters Chicken Folded Wrap - 1 Serving		548 Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		
Sweet & Sour Chicken Balls & Wok Fried Noodles - 1 Serving		426 Kcal	 WHEAT  MILK  SOYA	 OATS, BARLEY, RYE	

Wk 2 Tue

Crunchy Crumb Cheese Topped Cumberland Pie - 1 Serving		459 Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Cauliflower Cheese Yorkie, Mashed Potatoes & Gravy - 1 Serving		499 Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Tandoori Chicken Naan Wrap Pot - 1 Serving		579 Kcal	 WHEAT  EGGS  MILK		
Chicken Kofte Meatball Masala with Rainbow Rice, Chapati Cone & Pickled Red Onion - 1 Serving		557 Kcal	 WHEAT, BARLEY	 SULPHITES	

Wk 2 Wed

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Crispy Vegetable Burger, Salsa & Wedges - 1 Serving		584Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN
Chargrilled Signature Burger - 1 Serving		540Kcal	 WHEAT, BARLEY  MILK  SESAME  SULPHITES  EGGS  CELERY  SOYA		
Bang Bang Chicken Fried Rice & Asian Slaw - 1 Serving		472Kcal	 WHEAT  MILK  EGGS  SOYA	 OATS, BARLEY, RYE	
Wk 2 Thur					
Korean Pulled Pork with Kimchi & Fried Rice - 1 Serving		579Kcal	 WHEAT  SOYA		
Mac 'n' Cheese with Garlic Slice - 1 Serving		770Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal		 MUSTARD  SULPHITES	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Beef Noodle Stir Fry with Crispy Chilli Onions - 1 Serving		567 Kcal	 WHEAT  SOYA		
Wk 2 Fri					
Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving		476 Kcal	 WHEAT  EGGS  MILK  SESAME	 SOYA	
Salt & Pepper Loaded Fries - 1 Serving		387 Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214 Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Pizza Fries - 1 Serving		421 Kcal	 MILK		
Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving		500 Kcal	 WHEAT  SOYA		
Wk 3 Mon					
Southern Baked Ranch Chicken & Rice Pot with Creamy Slaw - 1 Serving		559 Kcal	 WHEAT  EGGS  MILK		
Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving		667 Kcal	 WHEAT  MILK	 SOYA	

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Toasted Sourdough Reuban Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  MILK  SOYA  EGGS  MUSTARD  SULPHITES		
Salt & Pepper Chicken with Chip Shop Curry Sauce & Noodles - 1 Serving		432Kcal	 WHEAT  MUSTARD  MILK		
Wk 3 Tue					
Jumbo Sausage in a Crusty Baguette with Sticky onions & Wedges - 1 Serving		819Kcal	 WHEAT  SULPHITES	 BARLEY  SESAME	
Veggie Sausage in a Crusty Baguette with Sticky onions & Wedges - 1 Serving		631Kcal	 WHEAT  SULPHITES  SOYA	 BARLEY  SESAME	 VEGETARIAN
Crispy Chicken Stack Burger - 1 Serving		506Kcal	 WHEAT  SESAME  EGGS		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		541Kcal	 EGGS  SULPHITES  MILK	 WHEAT	
Wk 3 Wed					

Item	Price	Calories per serving	Contains Allergens		May Contain Allergens	Other Properties
Roast Butternut Squash Wellington with Roast Potatoes - 1 Serving		417 Kcal	 WHEAT	 MILK		 VEGETARIAN
Chicken Shawarma Orzo Buddha Bowl - 1 Serving		421 Kcal	 WHEAT	 EGGS	 MUSTARD	 SOYA
Hot Nachos topped with Beef Chilli, Jalapenos, Cheese, Salsa & Sour Cream - 1 Serving		474 Kcal	 EGGS	 MILK		
Wk 3 Thur						
Tex Mex Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice copy - 1 Serving		377 Kcal	 WHEAT, BARLEY	 CELERY		
Veggie Biryani, Curry Sauce with Naan & Chutney - 1 Serving		631 Kcal	 WHEAT	 MILK		 VEGETARIAN
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466 Kcal	 WHEAT, BARLEY	 MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Vegetable Tikka Open Burrito with Mint Yoghurt Dressing - 1 Serving		556 Kcal	 WHEAT  MILK		
Wk 3 Fri					
Sweet Chilli Crispy Mac 'n' Cheese Bites & Chips - 1 Serving		411 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving		618 Kcal	 WHEAT  SOYA		

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