

**SK Feb 26**



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

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

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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
<b>Wk 1 Thur</b>					
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			
<b>Wk 1 Fri</b>					
Hand Battered Fish And Chips - 1 Serving		470Kcal	  WHEAT, BARLEY FISH	 SULPHITES	

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

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Curried Vegetable & Paneer Puff Pastry Samosa - 1 Serving		406Kcal	 WHEAT  MILK		 VEGETARIAN
Hunters Chicken Folded Wrap - 1 Serving		548Kcal	 WHEAT, BARLEY  CELERY  SOYA		
Sweet & Sour Chicken Balls & Wok Fried Noodles - 1 Serving		426Kcal	 WHEAT  MILK  SOYA	 OATS, BARLEY, RYE	
<b>Wk 2 Tue</b>					
Crunchy Crumb Cheese Topped Cumberland Pie - 1 Serving		459Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Cauliflower Cheese Yorkie, Mashed Potatoes & Gravy - 1 Serving		499Kcal	 WHEAT  MILK  EGGS		 VEGETARIAN
Tandoori Chicken Naan Wrap Pot - 1 Serving		579Kcal	 WHEAT  MILK  EGGS		
Chicken Kofte Meatball Masala with Rainbow Rice, Chapati Cone & Pickled Red Onion - 1 Serving		557Kcal	 WHEAT, BARLEY	 SULPHITES	
<b>Wk 2 Wed</b>					

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	
<b>Wk 2 Thur</b>					
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		567Kcal	 WHEAT  SOYA		
<b>Wk 2 Fri</b>					
Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving		476Kcal	 WHEAT  EGGS  MILK  SESAME	 SOYA	
Salt & Pepper Loaded Fries - 1 Serving		387Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		
Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving		500Kcal	 WHEAT  SOYA		
<b>Wk 3 Mon</b>					
Southern Baked Ranch Chicken & Rice Pot with Creamy Slaw - 1 Serving		559Kcal	 WHEAT  EGGS  MILK		
Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving		667Kcal	 WHEAT  MILK	 SOYA	

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Toasted Sourdough Reuben Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  EGGS  MILK  MUSTARD  SOYA  SULPHITES		
Salt & Pepper Chicken with Chip Shop Curry Sauce & Noodles - 1 Serving		432Kcal	 WHEAT  MILK  MUSTARD		
<b>Wk 3 Tue</b>					
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  SOYA  SULPHITES	 BARLEY  SESAME	 VEGETARIAN
Crispy Chicken Stack Burger - 1 Serving		506Kcal	 WHEAT  SESAME		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		541Kcal	 EGGS  MILK  SULPHITES	 WHEAT	
<b>Wk 3 Wed</b>					

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  MILK	 MUSTARD  SOYA	
Hot Nachos topped with Beef Chilli, Jalapenos, Cheese, Salsa & Sour Cream - 1 Serving		474 Kcal	 EGGS  MILK  MUSTARD		

### Wk 3 Thur

Tex Mex Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice copy - 1 Serving		377 Kcal	 WHEAT, BARLEY  CELERY  SOYA		
Veggie Biryani, Curry Sauce with Naan & Chutney - 1 Serving		631 Kcal	 WHEAT  MILK  MUSTARD		 VEGETARIAN
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466 Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		

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Vegetable Tikka Open Burrito with Mint Yoghurt Dressing - 1 Serving		556Kcal	 <b>WHEAT</b>  <b>MILK</b>	 <b>EGGS</b>	
<b>Wk 3 Fri</b>					
Sweet Chilli Crispy Mac 'n' Cheese Bites & Chips - 1 Serving		411Kcal	 <b>WHEAT</b>  <b>MILK</b>	 <b>MUSTARD</b>  <b>SOYA</b>	 <b>VEGETARIAN</b>
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving		618Kcal	 <b>WHEAT</b>  <b>SOYA</b>		

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