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Wk 1 Mon					
Firecracker Chicken Leg with Spiced Rice - 1 Serving		445Kcal			
Toasted Cheesy Garlic Chicken Wrap - 1 Serving		425Kcal	 WHEAT  EGGS  MILK		
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			
Wk 1 Tue					
One Pot Jollof Rice with West African Chicken - 1 Serving		353Kcal			
Jamaican Beef Patty - 1 Serving		490Kcal	 WHEAT		 VEGETARIAN  VEGAN
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			
Wk 1 Wed					
Hot Honey Chilli Chicken Burrito with Spicy Potatoes - 1 Serving		477Kcal	 WHEAT		
Roast Pork & Stuffing Baguette - 1 Serving		433Kcal	 WHEAT	 BARLEY  SESAME	
Roast Chicken & Stuffing Baguette - 1 Serving		383Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
Hot Roast Gammon Baguette - 1 Serving		368Kcal	 WHEAT	 BARLEY  SESAME	
Tandoori Chick 'n' Mix - 1 Serving		394Kcal			
Wk 1 Thur					

Chipotle Chicken, Lime & Corn Open Cone & Dirty Rice with Garlic Sauce - 1 Serving		396Kcal	 WHEAT, BARLEY  EGGS  CELERY  SOYA		
		609Kcal	 WHEAT  MILK  CELERY  SESAME		
		406Kcal			 HALAL
Wk 1 Fri					
Cajun Chicken Thigh Burger with Sour Cream, Jalapeno and Crisp Lettuce in a Soft Bap - 1 Serving		419Kcal	 WHEAT  EGGS  MILK  MUSTARD  SESAME		
		422Kcal	 MILK		
Wk 2 Mon					
Creamy Cajun Chicken Meatballs, Spaghetti & Garlic Slice - 1 Serving		544Kcal	 WHEAT  MILK  MUSTARD  SOYA		
		446Kcal	 WHEAT  MILK		
		394Kcal			
Wk 2 Tue					
Chilli 'Non' Carne Taco, Wedges & Slaw - 1 Serving		366Kcal	 MILK		
		479Kcal	 WHEAT  MILK  SESAME		
		361Kcal			
Wk 2 Wed					
Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving		542Kcal	 WHEAT  EGGS		
		416Kcal			


Wk 2 Thur

Piri Piri Chick 'n' Rice - 1 Serving		421Kcal			
Salt & Pepper Chicken Flatbread with Chip Shop Curry Sauce - 1 Serving		269Kcal	 WHEAT	 MILK	 MUSTARD
Jerk Chick 'n' Mix - 1 Serving		349Kcal			 HALAL






Wk 2 Fri

Texas BBQ Chicken Burger, Mexican slaw & Fries - 1 Serving		600Kcal	 WHEAT, BARLEY	 EGGS	 CELERY
			 SESAME	 SOYA	
Loaded Pizza Fries - 1 Serving		422Kcal	 MILK		



Wk 3 Mon

Jerk Chicken Leg with Rice & Peas - 1 Serving		608Kcal	 MUSTARD	 SULPHITES	
Grilled Hunters BBQ Chicken Sub Roll - 1 Serving		383Kcal	 WHEAT, BARLEY	 MILK	 CELERY
			 SOYA		 SESAME
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			









Wk 3 Tue

Fajita Beef Taco with Spiced Wedges & Slaw - 1 Serving		452Kcal	 MILK		 WHEAT
Portuguese Chicken Tasca Flatbread - 1 Serving		489Kcal	 WHEAT	 EGGS	 MILK
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			



Wk 3 Wed

Buffalo Chicken & Cheddar Quesadilla with Spicy Potatoes - 1 Serving		490Kcal	 WHEAT	 MILK	
BBQ Chick 'n' Mix - 1 Serving		436Kcal			

Wk 3 Thur

Spicy Chicken, Chorizo & Peppers with Cajun Rice - 1 Serving		443Kcal		 WHEAT	 MILK	
				 SOYA		
Grilled Chicken Roti with Slaw & Hot Mango Dressing - 1 Serving		321Kcal	 WHEAT	 EGGS	 MUSTARD	 SULPHITES
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406Kcal				 HALAL

Wk 3 Fri

Peri Peri Chicken Thigh Burger With Perinaise Sauce & Paprika Fries - 1 Serving		560Kcal	 WHEAT	 EGGS	 SESAME	
Loaded Pizza Fries - 1 Serving		422Kcal	 MILK			