

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Wk 1 Mon</b>					
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			
<b>Wk 1 Tue</b>					
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			
<b>Wk 1 Wed</b>					
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			
<b>Wk 1 Thur</b>					

Chipotle Chicken, Lime & Corn Open Cone & Dirty Rice with Garlic Sauce - 1 Serving	396Kcal	 WHEAT, BARLEY  EGGS  CELERY  SOYA		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving	609Kcal	 WHEAT  MILK  CELERY  SESAME		
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving	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		
Loaded Pizza Fries - 1 Serving	422Kcal	 MILK		

Wk 2 Mon

Creamy Cajun Chicken Meatballs, Spaghetti & Garlic Slice - 1 Serving	544Kcal	 WHEAT  MILK  MUSTARD  SOYA		
Taco Beef Baked Burrito - 1 Serving	446Kcal	 WHEAT  MILK		
Tandoori Chick 'n' Mix - 1 Serving	394Kcal			

Wk 2 Tue

Chilli 'Non' Carne Taco, Wedges & Slaw - 1 Serving	366Kcal	 MILK		
Hot Shot Chicken Parmo - 1 Serving	479Kcal	 WHEAT  MILK  SESAME		
Buffalo Chick 'n' Mix - 1 Serving	361Kcal			

Wk 2 Wed

Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving	542Kcal	 WHEAT  EGGS		
Piri Piri Chick 'n' Mix - 1 Serving	416Kcal			

Wk 2 Thur

Piri Piri Chick 'n' Rice - 1 Serving	421Kcal			WHEAT	
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		