







































| Item | Price | Calories per serving | Contains Allergens | May Contain Allergens | Other Properties |
|--|-------|----------------------|--|--|---|
| Week 1 Mon | | | | | |
| Buffalo Chicken Drumsticks - 1 Serving | | 593Kcal | | | |
| Chilli & Tomato Rice - 1 Serving | | 198Kcal | | |  VEGETARIAN  VEGAN |
| Crispy Chicken Wrap with BBQ Sauce - 1 Serving | | 436Kcal |  WHEAT, BARLEY  CELERY  SOYA |  EGGS  MILK | |
| Halal Crispy Chicken Wrap with BBQ Sauce - 1 Serving | | 399Kcal |  WHEAT, BARLEY  CELERY  SOYA | | |
| Crispy Quorn Dipper Wrap with BBQ Sauce - 1 Serving | | 355Kcal |  WHEAT, BARLEY  CELERY  SOYA | |  VEGETARIAN  VEGAN |
| Cajun Wings - 1 Serving | | 513Kcal | | | |
| Week 1 Tue | | | | | |
| Texan BBQ Chicken Burger & Wedges - 1 Serving | | 524Kcal |  WHEAT, BARLEY  CELERY  SESAME  SOYA | | |
| Red Slaw - 1 Serving | | 54Kcal | | |  VEGETARIAN  VEGAN |
| Bombay Pasty (V) - 1 Serving | | 484Kcal |  WHEAT  SULPHITES | |  VEGETARIAN  VEGAN |
| Five Spice Wings - 1 Serving | | 486Kcal | | | |





Week 1 Wed

| | | | | |
|--|---------|--|---|---|
| Mexican Chicken Burrito & Crunchy Summer Salad - 1 Serving | 487Kcal |  WHEAT | | |
| Roast Pork & Stuffing Bap - 1 Serving | 390Kcal |  WHEAT |  SESAME | |
| Roast Chicken & Stuffing Bap - 1 Serving | 340Kcal |  WHEAT |  SESAME |  VEGETARIAN  VEGAN |
| Hot Honey, Lemon & Pepper Chicken Wings - 1 Serving | 561Kcal |  SULPHITES | | |




Week 1 Thur









| | | | | |
|--|---------|--|---|--|
| Firecracker Grilled Chicken Thigh with Louisiana Rice. - 1 Serving | 311Kcal | | | |
| Mac & Cheese with Optional Hot Sauce - 1 Serving | 691Kcal |  WHEAT |  MILK |  MUSTARD  SOYA  VEGETARIAN |
| Sweet Chilli Chicken Wings - 1 Serving | 399Kcal | | | |

Week 1 Fri










| | | | | | |
|--|---------|---|--|--|--|
| Crispy Chicken Burger & Chips - 1 Serving | 580Kcal |  WHEAT  SESAME |  EGGS |  CELERY | |
| Loaded Fries with Cheese, Bacon & Salsa - 1 Serving | 352Kcal |  MILK | | | |
| Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving | 369Kcal |  MILK | | | |
| Wild Wing Roulette - 1 Serving | 494Kcal |  MUSTARD |  SULPHITES | | |

Week 2 Mon







| | | | | |
|---|---------|--|--|---|
| Lemon & Herb Chicken Drumsticks - 1 Serving | 594Kcal |  SULPHITES | | |
| Dirty Rice - 1 Serving | 244Kcal | | |  VEGETARIAN  VEGAN |

| | | | | | |
|--|---------|---|--|---|--|
| Crispy Chicken Wrap with Cool Mayo - 1 Serving | 466Kcal |  WHEAT |  EGGS |  MILK | |
| Halal Crispy Chicken Wrap with Cool Mayo - 1 Serving | 458Kcal |  WHEAT |  EGGS | | |
| Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving | 384Kcal |  WHEAT |  EGGS | |  VEGETARIAN |
| Peri Peri Wings - 1 Serving | 491Kcal | | | | |






Week 2 Tue

| | | | | | |
|---|---------|---|--|---|---|
| Mexican Fajita Chicken or Pork Taco with Paprika Wedges - 1 Serving | 472Kcal |  MILK | |  WHEAT | |
| Rainbow Slaw - 1 Serving | 21Kcal | | | |  VEGETARIAN  VEGAN |
| Tandoori Chicken Khati Wrap with Indian Slaw - 1 Serving | 481Kcal |  WHEAT |  EGGS |  MILK | |
| BBQ Wings - 1 Serving | 497Kcal |  WHEAT |  SOYA | | |

Week 2 Wed

| | | | | | |
|---|---------|---|--|--|---|
| Peri Peri Beef Quesadilla with Chilli & Tomato Rice - 1 Serving | 550Kcal |  WHEAT |  MILK | | |
| Roast Chicken & Stuffing Bap - 1 Serving | 340Kcal |  WHEAT | |  SESAME |  VEGETARIAN  VEGAN |
| Garlic & Lemon Chicken Wings - 1 Serving | 477Kcal | | | | |

Week 2 Thur

| | | | | | |
|---|---------|---|--|--|--|
| Chipotle Chicken Thigh with Potatas Bravas - 1 Serving | 273Kcal | | | | |
| Sweet Chilli Glazed Sausage & Peppers in a Sub Roll - 1 Serving | 730Kcal |  WHEAT |  SOYA |  SULPHITES |  BARLEY  SESAME |
| Tikka Wings - 1 Serving | 481Kcal | | | | |



Week 2 Fri

| | | | | |
|--|---------|--|--|--|
| Texas BBQ Nacho Chicken Burger & Fries - 1 Serving | 662Kcal |  WHEAT, BARLEY  MILK  CELERY  SESAME  SOYA | | |
| Loaded Fries with Cheese, Bacon & Salsa - 1 Serving | 352Kcal |  MILK | | |
| Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving | 369Kcal |  MILK | | |
| Wild Wing Roulette - 1 Serving | 494Kcal |  MUSTARD  SULPHITES | | |






Week 3 Mon




| | | | | |
|--|---------|---|--|---|
| Hickory Smoked Chicken Drumstick with Spicy Rice - 1 Serving | 870Kcal |  WHEAT, BARLEY  CELERY  SOYA | | |
| Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving | 431Kcal |  WHEAT |  EGGS  MILK | |
| Halal Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving | 394Kcal |  WHEAT  CELERY | | |
| Crispy Quorn Dipper Wrap with Peri Peri Sauce - 1 Serving | 210Kcal |  WHEAT | |  VEGETARIAN  VEGAN |

Week 3 Tue

| | | | | |
|---|---------|---|--|--|
| Mexican Fajita Chicken or Pork Taco with Paprika Wedges - 1 Serving | 472Kcal |  MILK |  WHEAT | |
| Roasted Vegetable Personal Calzone - 1 Serving | 496Kcal |  WHEAT  MILK | | |
| Firecracker Wings - 1 Serving | 477Kcal | | | |

Week 3 Wed

| | | | | |
|--|---------|--|---|---|
| Baked Beef & Rice Enchilada with a Green Salad - 1 Serving | 482Kcal |  WHEAT | | |
| Roast Chicken & Stuffing Bap - 1 Serving | 340Kcal |  WHEAT |  SESAME |  VEGETARIAN  VEGAN |

| | | | | | |
|--|---------|--|---|---|--|
| Jerk Wings - 1 Serving | 485Kcal |  MUSTARD |  SULPHITES | | |
| Week 3 Thur | | | | | |
| Jerk Chicken Thigh with Rice & Peas - 1 Serving | 389Kcal | | | | |
| Chilli Cheese Dog with Choice of Sauces - 1 Serving | 746Kcal |  WHEAT |  EGGS |  MILK |  BARLEY |
| | |  SOYA |  SULPHITES | |  SESAME |
| Sweet Chilli Chicken Wings - 1 Serving | 399Kcal | | | | |
| Week 3 Fri | | | | | |
| Cajun Chicken Burger with Paprika Fries - 1 Serving | 585Kcal |  WHEAT, BARLEY |  CELERY |  SESAME | |
| | |  SOYA | | | |
| Loaded Fries with Cheese, Bacon & Salsa - 1 Serving | 352Kcal | | |  MILK | |
| Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving | 369Kcal | | |  MILK | |
| Wild Wing Roulette - 1 Serving | 494Kcal |  MUSTARD |  SULPHITES | | |