

**SK Oct 25**

| Item                                                                             | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | May Contain Allergens                                                                                                                                                                            | Other Properties                                                                                    |
|----------------------------------------------------------------------------------|-------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Wk 1 Mon</b>                                                                  |       |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                  |                                                                                                     |
| Slow Cooked BBQ Beef Chill with Rice, Tortilla & Sour Cream - 1 Serving          |       | <b>549Kcal</b>       | <br>WHEAT, BARLEY<br><br>MILK<br><br>MUSTARD<br><br>EGGS<br><br>CELERY<br><br>SOYA |                                                                                                                                                                                                  |                                                                                                     |
| Mac 'n' Cheese with Garlic Slice - 1 Serving                                     |       | <b>769Kcal</b>       | <br>WHEAT<br><br>MILK                                                                                                                                                                                                                                                                                                                                                                                                  | <br>MUSTARD<br><br>SOYA | <br>VEGETARIAN  |
| Cheesy Chilli Mixed Beans on Baked Garlic Baguette - 1 Serving                   |       | <b>487Kcal</b>       | <br>WHEAT, BARLEY<br><br>CELERY<br><br>MILK<br><br>SOYA                                                                                                                                                                                       | <br>SESAME                                                                                                  | <br>VEGETARIAN |
| Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving                         |       | <b>353Kcal</b>       | <br>WHEAT<br><br>MILK                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                  |                                                                                                     |
| Panang Coconut Red Pork / Chicken & Pepper Curry, Sticky Rice & Naan - 1 Serving |       | <b>596Kcal</b>       | <br>WHEAT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                  |                                                                                                     |
| <b>Wk 1 Tue</b>                                                                  |       |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                  |                                                                                                     |

| Item                                                                          | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                         | May Contain Allergens                                                                                                                                                                            | Other Properties                                                                                                                                                                                   |
|-------------------------------------------------------------------------------|-------|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Crispy Chicken Burger with Mediterranean Salad, Tzatziki & Wedges - 1 Serving |       | 512Kcal              | <br>WHEAT <br>EGGS <br>MILK <br>SESAME |                                                                                                                                                                                                  |                                                                                                                                                                                                    |
| Sweet Chilli roast Pepper & Feta Pitta Pizza - 1 Serving                      |       | 378Kcal              | <br>WHEAT <br>MILK                                                                                                                                                                                       | <br>SOYA                                                                                                      | <br>VEGETARIAN                                                                                                  |
| Sweet Chilli Salmon, roast Pepper & Feta Pitta Pizza copy - 1 Serving         |       | 489Kcal              | <br>WHEAT <br>MILK <br>FISH                                                                                             | <br>SOYA                                                                                                      | <br>VEGETARIAN                                                                                                  |
| Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving    |       | 285Kcal              | <br>WHEAT                                                                                                                                                                                                                                                                                 | <br>MUSTARD <br>SULPHITES | <br>VEGETARIAN <br>VEGAN    |
| Roasted Vegetable Hot Pot Pie - 1 Serving                                     |       | 359Kcal              | <br>WHEAT                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                  | <br>VEGETARIAN <br>VEGAN |
| Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving                   |       | 486Kcal              | <br>WHEAT <br>MILK                                                                                                                                                                                   | <br>SOYA                                                                                                    |                                                                                                                                                                                                    |
| One Pot Jollof Rice with West African Chicken - 1 Serving                     |       | 352Kcal              |                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                  |                                                                                                                                                                                                    |
| Wk 1 Wed                                                                      |       |                      |                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                  |                                                                                                                                                                                                    |
| Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving |       | 452Kcal              |                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                  |                                                                                                                                                                                                    |
| Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving  |       | 254Kcal              | <br>EGGS                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                  | <br>VEGETARIAN                                                                                                |

| Item                                                                                  | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                  | May Contain Allergens                                                                                                                                                                    | Other Properties                                                                                                                                                                                |
|---------------------------------------------------------------------------------------|-------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving                       |       | <b>393</b> Kcal      |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                          |                                                                                                                                                                                                 |
| Cheesy Broccoli & Stuffing Pinwheel with Skin-On Roast Potatoes & Gravy - 1 Serving   |       | <b>701</b> Kcal      |  WHEAT  MILK                                                                                                      |                                                                                                                                                                                          |  VEGETARIAN                                                                                                  |
| Mexican Chicken Hot Buddha Bowl - 1 Serving                                           |       | <b>367</b> Kcal      |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                          |                                                                                                                                                                                                 |
| Mexican Tofu Hot Buddha Bowl - 1 Serving                                              |       | <b>369</b> Kcal      |  SOYA                                                                                                                                                                                              |                                                                                                                                                                                          |  VEGETARIAN<br> VEGAN     |
| Hot Honey Chilli Chicken, Rice, Flatbread & Spiced Slaw - 1 Serving                   |       | <b>517</b> Kcal      |  WHEAT                                                                                                                                                                                             |                                                                                                                                                                                          |                                                                                                                                                                                                 |
| Wk 1 Thur                                                                             |       |                      |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                          |                                                                                                                                                                                                 |
| Crispy Garlic & Herb Chicken Thigh with Creamy Mash - 1 Serving                       |       | <b>353</b> Kcal      |  MILK                                                                                                                                                                                            |                                                                                                                                                                                          |                                                                                                                                                                                                 |
| Creole Vegetable Jambalaya - 1 Serving                                                |       | <b>449</b> Kcal      |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                          |  VEGETARIAN<br> VEGAN |
| Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving                 |       | <b>376</b> Kcal      |  WHEAT                                                                                                                                                                                           |  MILK<br> SOYA |                                                                                                                                                                                                 |
| Halal Blackbean Chicken with Green Peppers & Mushrooms, Wok Fried Noodles - 1 Serving |       | <b>449</b> Kcal      |  WHEAT<br> SOYA<br> SESAME |                                                                                                                                                                                          |                                                                                                                                                                                                 |

| Item                                                                             | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                      | May Contain Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Other Properties |
|----------------------------------------------------------------------------------|-------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Blackbean Pork with Green Peppers & Mushrooms, Wok Fried Noodles - 1 Serving     |       | 524Kcal              | <br>WHEAT<br><br>SOYA<br><br>SESAME |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  |
| Wk 1 Fri                                                                         |       |                      |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  |
| Hand Battered Fish And Chips - 1 Serving                                         |       | 470Kcal              | <br>WHEAT, BARLEY<br><br>FISH                                                                                        | <br>SULPHITES                                                                                                                                                                                                                                                                                                                                                                                                        |                  |
| Battered Fish with Chips - 1 Serving                                             |       | 388Kcal              | <br>WHEAT<br><br>FISH                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  |
| Cajun Spiced Mushroom Burger with Creamy Slaw and Chips - 1 Serving              |       | 535Kcal              | <br>WHEAT<br><br>EGGS<br><br>MILK  | <br>SESAME                                                                                                                                                                                                                                                                                                                                                                                                          |                  |
| Loaded Pizza Fries - 1 Serving                                                   |       | 469Kcal              | <br>MILK                                                                                                                                                                                             | <br>WHEAT<br><br>EGGS<br><br>CELERY<br><br>MUSTARD<br><br>SOYA |                  |
| Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving |       | 656Kcal              | <br>WHEAT<br><br>SOYA                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  |
| Wk 2 Mon                                                                         |       |                      |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                  |

| Item                                                               | Price | Calories per serving | Contains Allergens                                                                                                                                                                       | May Contain Allergens                                                                                                                                                                                                                                                                                                                                                                | Other Properties                                                                                                                                                                                  |
|--------------------------------------------------------------------|-------|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken & Pepperoni Pasta Bake with Garlic Slice - 1 Serving       |       | 632Kcal              | <br>WHEAT <br>MILK     | <br>EGGS <br>CELERY <br>MUSTARD <br>SOYA |                                                                                                                                                                                                   |
| Pesto Pinwheel Bolognese Ragout & New Potatoes - 1 Serving         |       | 440Kcal              | <br>WHEAT <br>SOYA     |                                                                                                                                                                                                                                                                                                                                                                                      | <br>VEGETARIAN <br>VEGAN    |
| Roasted Vegetable Hot Pot Pie - 1 Serving                          |       | 359Kcal              | <br>WHEAT                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                      | <br>VEGETARIAN <br>VEGAN |
| Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving      |       | 424Kcal              | <br>WHEAT <br>EGGS |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                   |
| Mongolian Spicy Beef & Vegetable Stir Fry with Noodles - 1 Serving |       | 568Kcal              | <br>WHEAT <br>SOYA |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                   |
| Wk 2 Tue                                                           |       |                      |                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                   |
| Chill Beef Garlic butter Folded Wrap with Yellow Rice - 1 Serving  |       | 640Kcal              | <br>WHEAT <br>MILK |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                   |
| Margherita Pasta Bake with Garlic Slice - 1 Serving                |       | 540Kcal              | <br>WHEAT <br>MILK | <br>SOYA                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                   |

| Item                                                                          | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                        | May Contain Allergens                                                                                                                                                                                       | Other Properties                                                                                    |
|-------------------------------------------------------------------------------|-------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Caribbean Chickpea & Sweet Potato Curry with Rice & Peas - 1 Serving          |       | <b>414</b> Kcal      | <br>WHEAT<br><br>SOYA<br><br>MUSTARD<br><br>SULPHITES |                                                                                                                                                                                                             | <br>VEGETARIAN   |
| The Dolce Gardeners Brunch - 1 Serving                                        |       | <b>314</b> Kcal      | <br>EGGS<br><br>MILK                                                                                                                                                                                                    |                                                                                                                                                                                                             | <br>VEGETARIAN   |
| 3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving      |       | <b>474</b> Kcal      | <br>WHEAT<br><br>MILK                                                                                                                                                                                                   | <br>BARLEY<br><br>SESAME              |                                                                                                     |
| Danish Vegetable Meatball Marinara - 1 Serving                                |       | <b>432</b> Kcal      | <br>WHEAT<br><br>SOYA<br><br>MILK                                                                                                     | <br>BARLEY<br><br>SESAME             |                                                                                                     |
| Sweet and Sour Battered Chicken with Fried rice. - 1 Serving                  |       | <b>448</b> Kcal      | <br>WHEAT<br><br>MILK                                                                                                                                                                                               | <br>OATS, BARLEY, RYE<br><br>SOYA |                                                                                                     |
| <b>Wk 2 Wed</b>                                                               |       |                      |                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                             |                                                                                                     |
| Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving |       | <b>452</b> Kcal      |                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                             |                                                                                                     |
| Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving               |       | <b>393</b> Kcal      |                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                             |                                                                                                     |
| Cauliflower Cheese Yorkie, Roast Potatoes & Gravy - 1 Serving                 |       | <b>546</b> Kcal      | <br>WHEAT<br><br>EGGS<br><br>MILK                                                                                                |                                                                                                                                                                                                             | <br>VEGETARIAN |

| Item                                                                 | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                    | May Contain Allergens                                                                      | Other Properties                                                                                 |
|----------------------------------------------------------------------|-------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Greek Chicken Hot Buddha Bowl - 1 Serving                            |       | 428Kcal              |  WHEAT<br> MILK<br> EGGS                                                                                                           |  SOYA   |                                                                                                  |
| Greek Tofu Hot Buddha Bowl - 1 Serving                               |       | 427Kcal              |  WHEAT<br> MILK<br> EGGS<br> SOYA                 |                                                                                            |  VEGETARIAN   |
| Baked Spanish Fish with Roast Peppers & Roast Potatoes - 1 Serving   |       | 346Kcal              |  FISH                                                                                                                                                                                                                                                                                                |  WHEAT  |  VEGETARIAN   |
| Sweet Chilli & Soy Glazed Vegetable & Noodles - 1 Serving            |       | 499Kcal              |  WHEAT<br> SOYA                                                                                                                                                                                                     |                                                                                            |                                                                                                  |
| Nut Free Chicken Satay, Sticky Rice & Cucumber Salad - 1 Serving     |       | 399Kcal              |                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                            |                                                                                                  |
| Wk 2 Thur                                                            |       |                      |                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                            |                                                                                                  |
| Creamy Paprika Chicken With Rice - 1 Serving                         |       | 412Kcal              |  MILK                                                                                                                                                                                                                                                                                              |                                                                                            |                                                                                                  |
| Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving     |       | 529Kcal              |  WHEAT<br> MILK                                                                                                                                                                                                 |  SOYA |                                                                                                  |
| Caribbean Chickpea & Sweet Potato Curry with Rice & Peas - 1 Serving |       | 414Kcal              |  WHEAT<br> SOYA<br> MUSTARD<br> SULPHITES |                                                                                            |  VEGETARIAN |

| Item                                                               | Price | Calories per serving | Contains Allergens                                                                                                                                                                         | May Contain Allergens                                                                                                                                                                                                                                                                     | Other Properties                                                                                                                                                                            |
|--------------------------------------------------------------------|-------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sticky Asian Chicken Meatball Banh Mi - 1 Serving                  |       | <b>482</b> Kcal      |  WHEAT  SOYA            |  BARLEY<br> SESAME                                                                                                  |                                                                                                                                                                                             |
| Korean Vegetable Stir Fry with Fried Rice (V) - 1 Serving          |       | <b>519</b> Kcal      |  WHEAT  SOYA            |                                                                                                                                                                                                                                                                                           |  VEGETARIAN<br> VEGAN |
| Wk 2 Fri                                                           |       |                      |                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                             |
| Hand Battered Fish And Chips - 1 Serving                           |       | <b>470</b> Kcal      |  WHEAT,<br>BARLEY  FISH |  SO <sub>2</sub><br>SULPHITES                                                                                                                                                                          |                                                                                                                                                                                             |
| Battered Fish with Chips - 1 Serving                               |       | <b>388</b> Kcal      |  WHEAT  FISH          |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                             |
| Sweet Chilli Crispy Mac 'n' Cheese Bites & Chips - 1 Serving       |       | <b>458</b> Kcal      |  WHEAT  MILK        |                                                                                                                                                                                                                                                                                           |  VEGETARIAN                                                                                            |
| Louisiana Voodoo Fries - 1 Serving                                 |       | <b>359</b> Kcal      |  EGGS  MILK         |                                                                                                                                                                                                                                                                                           |  VEGETARIAN                                                                                            |
| Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving |       | <b>472</b> Kcal      |  WHEAT  SOYA        |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                             |
| Wk 3 Mon                                                           |       |                      |                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                             |
| Beef Bolognese Pasta Bake with Garlic Slice. - 1 Serving           |       | <b>549</b> Kcal      |  WHEAT                                                                                                  |  MILK<br> MUSTARD<br> SOYA |                                                                                                                                                                                             |

| Item                                                            | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                       | May Contain Allergens                                                                                                                                                                                | Other Properties                                                                                                                                                                                |
|-----------------------------------------------------------------|-------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pesto Pinwheel Bolognese Ragout & New Potatoes - 1 Serving      |       | 440Kcal              |  WHEAT  SOYA                                                                                           |                                                                                                                                                                                                      |  VEGETARIAN<br> VEGAN     |
| Piri Piri Tofu with Dirty Rice - 1 Serving                      |       | 407Kcal              |  SOYA                                                                                                                                                                                   |  WHEAT                                                                                                            |  VEGETARIAN<br> VEGAN     |
| Sticky Korean Chicken Cheesy Melt - 1 Serving                   |       | 474Kcal              |  WHEAT<br> SOYA  MILK |  BARLEY<br> SESAME             |                                                                                                                                                                                                 |
| Sweet and Sour Battered Chicken with Fried rice. - 1 Serving    |       | 448Kcal              |  WHEAT<br> MILK                                                                                    |  OATS, BARLEY, RYE<br> SOYA |                                                                                                                                                                                                 |
| Thai Red Chicken Meatball Curry with Wok Noodles - 1 Serving    |       | 564Kcal              |  WHEAT                                                                                                                                                                                |                                                                                                                                                                                                      |                                                                                                                                                                                                 |
| Thai Red Quorn Meatball Curry with Wok Noodles - 1 Serving      |       | 519Kcal              |  WHEAT<br> SOYA                                                                                    |                                                                                                                                                                                                      |                                                                                                                                                                                                 |
| Wk 3 Tue                                                        |       |                      |                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                      |                                                                                                                                                                                                 |
| Chicken & Chickpea Tagine with Spiced Potatoes - 1 Serving      |       | 336Kcal              |                                                                                                                                                                                                                                                                          |  WHEAT                                                                                                          |                                                                                                                                                                                                 |
| Roasted Vegetable Dhansak with Fragrant Rice & Naan - 1 Serving |       | 553Kcal              |  WHEAT, BARLEY                                                                                                                                                                        |  SULPHITES                                                                                                      |  VEGETARIAN<br> VEGAN |

| Item                                                                  | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                               | May Contain Allergens                                                                                                                                                                   | Other Properties                                                                                                                                                                            |
|-----------------------------------------------------------------------|-------|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Marmite Mac & Cheese Pot - 1 Serving                                  |       | 691Kcal              |  OATS, WHEAT, BARLEY, RYE<br> CELERY<br> MILK                                                                                                                                                                                |  MUSTARD<br> SOYA |  VEGETARIAN                                                                                              |
| Roasted Cod Dhansak with Fragrant Rice & Naan - 1 Serving             |       | 619Kcal              |  WHEAT, BARLEY<br> FISH                                                                                                                                                                                                                                                                                       |  SULPHITES                                                                                           |  VEGETARIAN<br> VEGAN |
| Buffalo Chicken Slider & Ranch Slaw - 1 Serving                       |       | 440Kcal              |  WHEAT<br> MILK<br> SESAME<br> EGGS<br> MUSTARD          |                                                                                                                                                                                         |                                                                                                                                                                                             |
| Chicken Saag with Coconut Rice & Indian slaw - 1 Serving              |       | 538Kcal              |  EGGS<br> SULPHITES<br> MILK                                                                                                                                                                                           |  WHEAT                                                                                             |                                                                                                                                                                                             |
| Wk 3 Wed                                                              |       |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                         |                                                                                                                                                                                             |
| Toad in the Hole with Skin-On Roast Potatoes & Gravy copy - 1 Serving |       | 703Kcal              |  WHEAT<br> MILK<br> SULPHITES<br> EGGS<br> SOYA |                                                                                                                                                                                         |  VEGETARIAN                                                                                            |
| mashed potato - 1 Serving                                             |       | 173Kcal              |  MILK                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                         |  VEGETARIAN                                                                                            |

| Item                                                                          | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | May Contain Allergens                                                                                                                                                                              | Other Properties                                                                                  |
|-------------------------------------------------------------------------------|-------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Plant Based Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving      |       | <b>542</b> Kcal      | <br>WHEAT<br><br>EGGS<br><br>MILK                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                    | <br>VEGETARIAN |
| Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving           |       | <b>331</b> Kcal      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                    |                                                                                                   |
| Caribbean Jerk Tofu Hot Buddha Bowl with Rice & Peas - 1 Serving              |       | <b>339</b> Kcal      | <br>MUSTARD<br><br>SOYA                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                    | <br>VEGETARIAN |
| Teriyaki Chicken Bao Bun with Kimchi Slaw & Asian Fries - 1 Serving           |       | <b>394</b> Kcal      | <br>WHEAT<br><br>SOYA                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                    |                                                                                                   |
| <b>Wk 3 Thur</b>                                                              |       |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                    |                                                                                                   |
| Cajun Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice - 1 Serving |       | <b>516</b> Kcal      | <br>WHEAT, BARLEY<br><br>SOYA<br><br>CELERY                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                    |                                                                                                   |
| Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving              |       | <b>529</b> Kcal      | <br>WHEAT<br><br>MILK                                                                                                                                                                                                                                                                                                                                                                                                     | <br>SOYA                                                                                                      |                                                                                                   |
| Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving                            |       | <b>920</b> Kcal      | <br>WHEAT<br><br>EGGS<br><br>MILK<br><br>MUSTARD<br><br>SOYA<br><br>SULPHITES | <br>BARLEY<br><br>SESAME |                                                                                                   |

| Item                                                                | Price | Calories per serving | Contains Allergens                                                                                                                                                                                                                                                                                                                                                                | May Contain Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Other Properties                                                                               |
|---------------------------------------------------------------------|-------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Plant Based Chilli Cheese Quesadilla & Steamed Rice - 1 Serving     |       | <b>581</b> Kcal      |  WHEAT<br> SOYA<br> MILK                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  VEGETARIAN |
| Katsu Chicken with Steamed Rice & Stir Fried Vegetables - 1 Serving |       | <b>420</b> Kcal      |  WHEAT<br> SOYA<br> MILK                                                                                                      |  OATS, BARLEY, RYE                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                |
| <b>Wk 3 Fri</b>                                                     |       |                      |                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                |
| Hand Battered Fish And Chips - 1 Serving                            |       | <b>470</b> Kcal      |  WHEAT, BARLEY<br> FISH                                                                                                                                                                                        |  SO <sub>2</sub><br>SULPHITES                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                |
| Battered Fish with Chips - 1 Serving                                |       | <b>388</b> Kcal      |  WHEAT<br> FISH                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                |
| Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving        |       | <b>569</b> Kcal      |  WHEAT<br> MILK<br> EGGS<br> SESAME |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                |
| Loaded Pizza Fries - 1 Serving                                      |       | <b>469</b> Kcal      |  MILK                                                                                                                                                                                                                                                                                          |  WHEAT<br> EGGS<br> CELERY<br> MUSTARD<br> SOYA |                                                                                                |

| Item                                                                  | Price | Calories per serving | Contains Allergens                                                                                                                                                                                           | May Contain Allergens | Other Properties |
|-----------------------------------------------------------------------|-------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|
| Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving |       | 618Kcal              | <div><div>WHEAT</div><div>SOYA</div></div> |                       |                  |

Generated by Nutritics v6.15 on 9th Oct 2025. Last Modified 3rd Oct 2025.