



















































































































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Firecracker Chicken Leg with Spiced Rice - 1 Serving		445 Kcal			
Toasted Cheesy Garlic Chicken Wrap - 1 Serving		512 Kcal	 WHEAT  EGGS  MILK		
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 1 Tue					
One Pot Jollof Rice with West African Chicken - 1 Serving		429 Kcal			
Jamaican Beef Patty - 1 Serving		865 Kcal	 WHEAT		 VEGETARIAN  VEGAN
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 1 Wed					
Hot Honey Chilli Chicken Burrito with Spicy Potatoes - 1 Serving		570 Kcal	 WHEAT		
Roast Pork & Stuffing Baguette - 1 Serving		433 Kcal	 WHEAT	 BARLEY  SESAME	
Roast Chicken & Stuffing Baguette - 1 Serving		511 Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN
Hot Roast Gammon Baguette - 1 Serving		368 Kcal	 WHEAT	 BARLEY  SESAME	
Tandoori Chick 'n' Mix - 1 Serving		394 Kcal			
Wk 1 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chipotle Chicken, Lime & Corn Open Cone & Dirty Rice with Garlic Sauce - 1 Serving		473 Kcal	 WHEAT, BARLEY  EGGS  CELERY  SOYA		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		861 Kcal	 WHEAT  MILK  CELERY  SESAME  SOYA  SULPHITES		
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406 Kcal			 HALAL
Wk 1 Fri					
Cajun Chicken Thigh Burger with Sour Cream, Jalapeno and Crisp Lettuce in a Soft Bap - 1 Serving		422 Kcal	 WHEAT  EGGS  MILK  MUSTARD  SESAME		
Battered Fish Burger with Selection of Peri Peri Sauces & Chips - 1 Serving		655 Kcal	 WHEAT  FISH  SESAME  SULPHITES		
Loaded Pizza Fries - 1 Serving		471 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Wk 2 Mon					
Creamy Cajun Chicken Meatballs, Spaghetti & Garlic Slice - 1 Serving		638 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	
Taco Beef Baked Burrito - 1 Serving		609 Kcal	 WHEAT  MILK		
Tandoori Chick 'n' Mix - 1 Serving		394 Kcal			
Wk 2 Tue					
Chilli 'Non' Carne Taco, Wedges & Slaw - 1 Serving		366 Kcal	 MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Hot Shot Chicken Parmo - 1 Serving		475 Kcal	 WHEAT  MILK  SESAME		
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 2 Wed					
Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving		658 Kcal	 WHEAT  EGGS		
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 2 Thur					
Piri Piri Chick 'n' Rice - 1 Serving		508 Kcal		 WHEAT	
Salt & Pepper Chicken Flatbread with Chip Shop Curry Sauce - 1 Serving		351 Kcal	 WHEAT  MILK  MUSTARD		
Jerk Chick 'n' Mix - 1 Serving		349 Kcal			 HALAL
Wk 2 Fri					
Texas BBQ Chicken Burger, Mexican slaw & Fries - 1 Serving		600 Kcal	 WHEAT, BARLEY  EGGS  CELERY  SESAME  SOYA		
Battered Fish Burger with Selection of Peri Peri Sauces & Chips - 1 Serving		655 Kcal	 WHEAT  FISH  SESAME  SULPHITES		
Loaded Pizza Fries - 1 Serving		471 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Wk 3 Mon					
Jerk Chicken Leg with Rice & Peas - 1 Serving		608 Kcal	 MUSTARD  SULPHITES		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Grilled Hunters BBQ Chicken Sub Roll - 1 Serving		383 Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 3 Tue					
Fajita Beef Taco with Spiced Wedges & Slaw - 1 Serving		597 Kcal	 MILK	 WHEAT	
Portuguese Chicken Tasca Flatbread - 1 Serving		576 Kcal	 WHEAT  EGGS  MILK		
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 3 Wed					
Buffalo Chicken & Cheddar Quesadilla with Spicy Potatoes - 1 Serving		490 Kcal	 WHEAT  MILK		
BBQ Chick 'n' Mix - 1 Serving		436 Kcal			
Wk 3 Thur					
Spicy Chicken, Chorizo & Peppers with Cajun Rice - 1 Serving		443 Kcal		 WHEAT  MILK  SOYA	
Spicy Chicken, Pepperoni & Peppers with Cajun Rice copy - 1 Serving		607 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Grilled Chicken Roti with Slaw & Hot Mango Dressing - 1 Serving		403 Kcal	 WHEAT  EGGS	 MUSTARD  SULPHITES	
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406 Kcal			 HALAL
Wk 3 Fri					
Peri Peri Chicken Thigh Burger With Perinaise Sauce & Paprika Fries - 1 Serving		708 Kcal	 WHEAT  EGGS  SESAME		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Battered Fish Burger with Selection of Peri Peri Sauces & Chips - 1 Serving		655Kcal	 WHEAT  FISH  SESAME  SULPHITES		
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Piri Piri Sauces					
Hot Piri Piri Sauce - 1 Serving		5Kcal	 SULPHITES		 VEGETARIAN  VEGAN
Medium Piri Piri Sauce - 1 Serving		20Kcal			 VEGETARIAN  VEGAN
Lemon & Herb Piri Piri Sauce - 1 Serving		16Kcal			 VEGETARIAN  VEGAN