

Casa Oct 25



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Piri Piri Chicken Leg with Spiced Rice & Rainbow Slaw - 1 Serving		742Kcal			
Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving		353Kcal	 WHEAT  MILK		
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			
Wk 1 Tue					
One Pot Jollof Rice with West African Chicken - 1 Serving		352Kcal			
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			
Wk 1 Wed					
Fajita Chicken Burrito & Spicy Potatoes - 1 Serving		562Kcal	 WHEAT		
Mexican Chicken Hot Buddha Bowl - 1 Serving		367Kcal			
Tandoori Chick 'n' Mix - 1 Serving		394Kcal			
Wk 1 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Buffalo Chicken with Vegetable rice & Hot Sauce - 1 Serving		426 Kcal			
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376 Kcal	 WHEAT	 MILK  SOYA	
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406 Kcal			 HALAL
Wk 1 Fri					
Texan BBQ Chicken Burger with Mexican Slaw & Fries - 1 Serving		608 Kcal	 WHEAT, BARLEY  CELERY  SOYA  EGGS  SESAME		
Hand Battered Peri Peri Fish with Chips & Perinaise Sauce - 1 Serving		540 Kcal	 WHEAT, BARLEY  FISH  EGGS	 SULPHITES	
Nacho Loaded Fries - 1 Serving		340 Kcal	 MILK		 VEGETARIAN
Chilli Loaded Fries - 1 Serving		398 Kcal		 WHEAT	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Asian Loaded Fries (V) - 1 Serving		234 Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352 Kcal	 MILK		
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 2 Mon					
Jerk Chicken Leg with Rice & Peas - 1 Serving		496 Kcal	 MUSTARD  SULPHITES		
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424 Kcal	 WHEAT  EGGS		
BBQ Chick 'n' Mix - 1 Serving		436 Kcal			
Wk 2 Tue					
Chill Beef Garlic butter Folded Wrap with Yellow Rice - 1 Serving		640 Kcal	 WHEAT  MILK		
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474 Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 2 Wed					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
BBQ Chicken & Cheddar Quesadilla with Spicy Potatoes - 1 Serving		493 Kcal	 WHEAT, BARLEY  MILK		
Greek Chicken Hot Buddha Bowl - 1 Serving		428 Kcal	 WHEAT  EGGS  MILK	 SOYA	
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 2 Thur					
Piri Piri Chick 'n' Rice - 1 Serving		508 Kcal		 WHEAT	
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482 Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Jerk Chick 'n' Mix - 1 Serving		349 Kcal			 HALAL
Wk 2 Fri					
Charred Lemon & Herb Chicken Burger With Roast Peppers & Fries - 1 Serving		531 Kcal	 WHEAT  SESAME		
Baked Cajun Cod Taco with Crunchy Salad & Garlic Mayonnaise - 1 Serving		400 Kcal	 EGGS  FISH		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  SO ₂ SULPHITES		 VEGETARIAN
Wk 3 Mon					
Firecracker Chicken Leg with Dirty Rice & Portuguese Tomato Salad - 1 Serving		377 Kcal			
Sticky Korean Chicken Cheesy Melt - 1 Serving		474 Kcal	 WHEAT  SOYA	 MILK  BARLEY  SESAME	
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 3 Tue					
Mexican Pork or Chicken & Bean Soft Taco, Red Slaw & Rice - 1 Serving		689 Kcal	 WHEAT		
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		356 Kcal	 WHEAT  MILK	 EGGS  MUSTARD	 SESAME
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 3 Wed					
Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving		672 Kcal	 WHEAT  EGGS		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331 Kcal			
BBQ Chick 'n' Mix - 1 Serving		436 Kcal			
Wk 3 Thur					
Cajun Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice - 1 Serving		516 Kcal	 WHEAT, BARLEY  SOYA		
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920 Kcal	 WHEAT  MILK  SOYA  EGGS  MUSTARD  SULPHITES	 BARLEY  SESAME	
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		722 Kcal	 WHEAT  SESAME  EGGS		
Battered Fish Burger with Selection of Peri Peri Sauces & Chips - 1 Serving		655 Kcal	 WHEAT  SESAME  FISH  SULPHITES		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		

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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Three Cheese Margherita Personal Pizza - 1 Serving		489Kcal	 WHEAT  MILK	 SOYA	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425Kcal	 WHEAT  MILK  MUSTARD		
Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving		353Kcal	 WHEAT  MILK		
Wk 1 Tue					
Chicken & Sweetcorn Personal Pizza - 1 Serving		518Kcal	 WHEAT  MILK	 SOYA	
BOXT Carbonara Pasta Pot - 1 Serving		396Kcal	 WHEAT  MILK  SULPHITES		
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		487Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Wed					
Hand Stretched Personal Margherita Stromboli - 1 Serving		468Kcal	 WHEAT  MILK	 SOYA	
Boxt Pepperonata Sauce - 1 Serving		321Kcal	 WHEAT		
Mexican Chicken Hot Buddha Bowl - 1 Serving		367Kcal			
Mexican Tofu Hot Buddha Bowl - 1 Serving		369Kcal	 SOYA		 VEGETARIAN  VEGAN
Wk 1 Thur					
Hot Honey Drizzle Pepperoni Personal Pizza - 1 Serving		543Kcal	 WHEAT  MILK		
BOXT Herby Tomato Sauce - 1 Serving		343Kcal	 WHEAT		
Creamy Cauli Mac 'n' Cheese 'n' Peas - 1 Serving		373Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376Kcal	 WHEAT	 MILK  SOYA	
Wk 1 Fri					
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Loaded Fries - 1 Serving		398 Kcal		 WHEAT	
Loaded Pizza Fries - 1 Serving		471 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 2 Mon					
Chilli Cheese Personal Pizza - 1 Serving		476 Kcal	 WHEAT  MILK	 SOYA	
BOXT Bolognese Pasta Pot - 1 Serving		396 Kcal	 WHEAT		
BOXT Ratatouille Pasta Pot - 1 Serving		345 Kcal	 WHEAT  SULPHITES		
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424 Kcal	 WHEAT  EGGS		
Wk 2 Tue					
Hawaiian Personal Calzone - 1 Serving		470 Kcal	 WHEAT  MILK		
BOXT Herby Tomato Sauce - 1 Serving		343 Kcal	 WHEAT		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474 Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Danish Vegetable Meatball Marinara - 1 Serving		432 Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	
Wk 2 Wed					
Roasted Pepper & Red Onion Personal Pizza - 1 Serving		482 Kcal	 WHEAT  MILK	 SOYA	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		
Greek Chicken Hot Buddha Bowl - 1 Serving		428 Kcal	 WHEAT  EGGS  MILK	 SOYA	
Greek Tofu Hot Buddha Bowl - 1 Serving		427 Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
Wk 2 Thur					
Chicken Chilli Personal Pizza - 1 Serving		493 Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
BOXT Carbonara Pasta Pot - 1 Serving		396 Kcal	 WHEAT  MILK  SULPHITES		
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482 Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Wk 2 Fri					
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 3 Mon					
Three Cheese Margherita Personal Pizza - 1 Serving		489 Kcal	 WHEAT  MILK	 SOYA	
Rich Italian Style Pasta Bolognese VE - 1 Serving		321 Kcal	 WHEAT  SOYA	 MUSTARD	 VEGETARIAN  VEGAN
Sticky Korean Chicken Cheesy Melt - 1 Serving		474 Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	
Wk 3 Tue					
Meat Feast Personal Pizza - 1 Serving		529 Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Boxt Pepperonata Sauce - 1 Serving		321 Kcal	 WHEAT		
Creamy Roast Tomato & Cannellini Bean Pasta - 1 Serving		349 Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		356 Kcal	 WHEAT  EGGS  MILK  MUSTARD	 SESAME	
Wk 3 Wed					
Chicken Chilli Personal Pizza - 1 Serving		493 Kcal	 WHEAT  MILK	 SOYA	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		
Planet-Powered Pea & Pesto Pasta - 1 Serving		343 Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331 Kcal			
Caribbean Jerk Tofu Hot Buddha Bowl with Rice & Peas - 1 Serving		339 Kcal	 MUSTARD  SOYA		 VEGETARIAN
Wk 3 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving		524Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Boxt Meatball Marinara - 1 Serving		366Kcal	 WHEAT, BARLEY  EGGS  SULPHITES		
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920Kcal	 WHEAT  EGGS  MILK  MUSTARD  SOYA  SULPHITES	 BARLEY  SESAME	
Plant Based Chilli Cheese Quesadilla & Steamed Rice - 1 Serving		581Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
Wk 3 Fri					
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Nacho Loaded Fries - 1 Serving		340Kcal	 MILK		 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Asian Loaded Fries (V) - 1 Serving		234Kcal	 SOYA		 VEGETARIAN  VEGAN

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

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Crispy Chicken Burger with Mediterranean Salad, Tzatziki & Wedges - 1 Serving		512Kcal	 WHEAT  EGGS  MILK  SESAME		
Sweet Chilli roast Pepper & Feta Pitta Pizza - 1 Serving		378Kcal	 WHEAT  MILK	 SOYA	 VEGETARIAN
Sweet Chilli Salmon, roast Pepper & Feta Pitta Pizza copy - 1 Serving		489Kcal	 WHEAT  MILK  FISH	 SOYA	 VEGETARIAN
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Roasted Vegetable Hot Pot Pie - 1 Serving		359Kcal	 WHEAT		 VEGETARIAN  VEGAN
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		486Kcal	 WHEAT  MILK	 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	 EGGS		 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		393 Kcal			
Cheesy Broccoli & Stuffing Pinwheel with Skin-On Roast Potatoes & Gravy - 1 Serving		701 Kcal	 WHEAT  MILK		 VEGETARIAN
Mexican Chicken Hot Buddha Bowl - 1 Serving		367 Kcal			
Mexican Tofu Hot Buddha Bowl - 1 Serving		369 Kcal	 SOYA		 VEGETARIAN  VEGAN
Hot Honey Chilli Chicken, Rice, Flatbread & Spiced Slaw - 1 Serving		517 Kcal	 WHEAT		
Wk 1 Thur					
Crispy Garlic & Herb Chicken Thigh with Creamy Mash - 1 Serving		353 Kcal	 MILK		
Creole Vegetable Jambalaya - 1 Serving		449 Kcal			 VEGETARIAN  VEGAN
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376 Kcal	 WHEAT	 MILK  SOYA	
Halal Blackbean Chicken with Green Peppers & Mushrooms, Wok Fried Noodles - 1 Serving		449 Kcal	 WHEAT  SOYA  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	 WHEAT  SOYA  SESAME		
Wk 1 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Cajun Spiced Mushroom Burger with Creamy Slaw and Chips - 1 Serving		535Kcal	 WHEAT  EGGS  MILK	 SESAME	
Loaded Pizza Fries - 1 Serving		469Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving		656Kcal	 WHEAT  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	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Pesto Pinwheel Bolognese Ragout & New Potatoes - 1 Serving		440Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
Roasted Vegetable Hot Pot Pie - 1 Serving		359Kcal	 WHEAT		 VEGETARIAN  VEGAN
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424Kcal	 WHEAT  EGGS		
Mongolian Spicy Beef & Vegetable Stir Fry with Noodles - 1 Serving		568Kcal	 WHEAT  SOYA		
Wk 2 Tue					
Chill Beef Garlic butter Folded Wrap with Yellow Rice - 1 Serving		640Kcal	 WHEAT  MILK		
Margherita Pasta Bake with Garlic Slice - 1 Serving		540Kcal	 WHEAT  MILK	 SOYA	

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

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Greek Chicken Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  MILK  EGGS	 SOYA	
Greek Tofu Hot Buddha Bowl - 1 Serving		427Kcal	 WHEAT  MILK  EGGS  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  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  MILK	 SOYA	
Caribbean Chickpea & Sweet Potato Curry with Rice & Peas - 1 Serving		414Kcal	 WHEAT  SOYA  MUSTARD  SULPHITES		 VEGETARIAN

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

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

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Marmite Mac & Cheese Pot - 1 Serving		691Kcal	 OATS, WHEAT, BARLEY, RYE  CELERY  MILK	 MUSTARD  SOYA	 VEGETARIAN
Roasted Cod Dhansak with Fragrant Rice & Naan - 1 Serving		619Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	 VEGETARIAN  VEGAN
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		440Kcal	 WHEAT  MILK  SESAME  EGGS  MUSTARD		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		538Kcal	 EGGS  SULPHITES  MILK	 WHEAT	
Wk 3 Wed					
Toad in the Hole with Skin-On Roast Potatoes & Gravy copy - 1 Serving		703Kcal	 WHEAT  MILK  SULPHITES  EGGS  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		542 Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331 Kcal			
Caribbean Jerk Tofu Hot Buddha Bowl with Rice & Peas - 1 Serving		339 Kcal	 MUSTARD  SOYA		 VEGETARIAN
Teriyaki Chicken Bao Bun with Kimchi Slaw & Asian Fries - 1 Serving		394 Kcal	 WHEAT  SOYA		
Wk 3 Thur					
Cajun Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice - 1 Serving		516 Kcal	 WHEAT, BARLEY  SOYA		
Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving		529 Kcal	 WHEAT  MILK	 SOYA	
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920 Kcal	 WHEAT  MILK  SOYA	 EGGS  MUSTARD  SULPHITES	 BARLEY  SESAME

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

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