





































































SK Oct 25


















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  CELERY  MILK  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		423 Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN
Turkish Beef Kofta 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  SESAME  SOYA		























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		524Kcal	 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		463Kcal	 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		686Kcal	 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		414Kcal	 WHEAT  MUSTARD  SOYA  SULPHITES		 VEGETARIAN
The Dolce Gardeners Brunch - 1 Serving		272Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES		 VEGETARIAN
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Danish Vegetable Meatball Marinara - 1 Serving		432Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	
Sweet and Sour Battered Chicken with Fried rice. - 1 Serving		448Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE  SOYA	
Wk 2 Wed					
Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving		452Kcal			
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		393Kcal			

























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Cauliflower Cheese Yorkie, Roast Potatoes & Gravy - 1 Serving		546Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Greek Chicken Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  EGGS  MILK	 SOYA	
Greek Tofu Hot Buddha Bowl - 1 Serving		427Kcal	 WHEAT  EGGS  MILK  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		667Kcal	 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		414Kcal	 WHEAT  SOYA  MUSTARD  SULPHITES		 VEGETARIAN
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Korean Vegetable Stir Fry with Fried Rice (V) - 1 Serving		525Kcal	 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		500Kcal	 WHEAT  SOYA		






























Wk 3 Mon









Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Beef Bolognese Pasta Bake with Garlic Slice. - 1 Serving		549Kcal	 WHEAT	 MILK  MUSTARD  SOYA	
Pesto Pinwheel Bolognese Ragout & New Potatoes - 1 Serving		463Kcal	 WHEAT  SOYA		 VEGETARIAN  VEGAN
Piri Piri Tofu with Dirty Rice - 1 Serving		407Kcal	 SOYA	 WHEAT	 VEGETARIAN  VEGAN
Sticky Korean Chicken Cheesy Melt - 1 Serving		474Kcal	 WHEAT  SOYA	 MILK  BARLEY  SESAME	
Sweet and Sour Battered Chicken with Fried rice. - 1 Serving		448Kcal	 WHEAT	 MILK  OATS, BARLEY, RYE  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  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
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
Marmite Mac & Cheese Pot - 1 Serving		691 Kcal	 OATS, WHEAT, BARLEY, RYE  CELERY  MILK	 MUSTARD  SOYA	 VEGETARIAN
Roasted Cod Dhansak with Fragrant Rice & Naan - 1 Serving		619 Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	 VEGETARIAN  VEGAN
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		440 Kcal	 WHEAT  MILK  SESAME  EGGS  MUSTARD		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		538 Kcal	 EGGS  MILK  SULPHITES	 WHEAT	

Wk 3 Wed

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Toad in the Hole with Skin-On Roast Potatoes & Gravy copy - 1 Serving		703 Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES		 VEGETARIAN
mashed potato - 1 Serving		173 Kcal	 MILK		 VEGETARIAN
Plant Based Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving		456 Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES		 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  CELERY  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving		667Kcal	 WHEAT  MILK	 SOYA	
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		587Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
Katsu Chicken with Steamed Rice & Stir Fried Vegetables - 1 Serving		420Kcal	 WHEAT  MILK  SOYA	 OATS, BARLEY, RYE	
Wk 3 Fri					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH	 SULPHITES	
Battered Fish with Chips - 1 Serving		388Kcal	 WHEAT  FISH		
Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving		579Kcal	 WHEAT  EGGS  MILK  SESAME	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Loaded Pizza Fries - 1 Serving		469 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving		618 Kcal	 WHEAT  SOYA		