

All Through Sept 26



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
WK 1 Mon					
Hand Stretched Margherita Personal Pizza - 1 Serving		544Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 HIGH GHG EMISSIONS
Hand Stretched Sweetcorn Personal Pizza - 1 Serving		564Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 HIGH GHG EMISSIONS
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN  VERY LOW GHG EMISSIONS
Chinese BBQ Noodles - 1 Serving		368Kcal	 WHEAT, BARLEY  SOYA  CELERY		
BBQ Bacon & Ranch BLT - 1 Serving		512Kcal	 WHEAT, BARLEY  MILK  SOYA  EGGS  CELERY	 SESAME	 MEDIUM GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
					
Jacket Potato - 1 Serving		245Kcal			 VEGETARIAN  VEGAN 
Jacket Potato with Baked Beans - 1 Serving		418Kcal			 VEGETARIAN  VEGAN 
Jacket Potato with Tuna & Mayo - 1 Serving		462Kcal	 EGGS  FISH		
Jacket Potato with Cheese - 1 Serving		500Kcal	 MILK		 VEGETARIAN 
Jacket Potato with Baked Beans & Cheese - 1 Serving		541Kcal	 MILK		 VEGETARIAN 
WK 1 Tue					
Meatball Marinara with Steamed Rice - 1 Serving		469Kcal			

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Macaroni Cheese with Green Salad & Garlic Bread - 1 Serving		757 Kcal	 WHEAT  MILK	 SOYA	 MEDIUM GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41 Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
Nacho Chilli Cheese Chicken Pasty - 1 Serving		445 Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN  MEDIUM GHG EMISSIONS
WK 1 Wed					
Marinated Roast Chicken Thigh with New Potatoes & Gravy - 1 Serving		526 Kcal			 MEDIUM GHG EMISSIONS
Plant Based Sausages with New Potatoes & Onion Gravy - 1 Serving		535 Kcal	 WHEAT  SOYA  SULPHITES		 VEGETARIAN  VEGAN  MEDIUM GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41 Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken Shawarma Hot Buddha Bowl - 1 Serving		486Kcal	 WHEAT  EGGS  MILK	 SOYA	
WK 1 Thur					
Beef Chilli Con Carne, Nacho Crumb, Mixed Rice & Sweetcorn - 1 Serving		452Kcal			
Hearty Tomato & Herb Pasta Bake with Garlic Slice - 1 Serving		380Kcal	 WHEAT, BARLEY	 OATS, RYE  MILK  MUSTARD  SOYA  SULPHITES	 VEGETARIAN
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		506Kcal	 WHEAT  MILK	 BARLEY  SESAME	 VERY HIGH GHG EMISSIONS
WK 1 Fri					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Battered Fish with Chips - 1 Serving		397 Kcal	 WHEAT  FISH		
Fishless Fingers & Chips - 1 Serving		439 Kcal	 WHEAT		 VEGETARIAN  VEGAN 
Crispy Crumbed Vegetable Burger with chips - 1 Serving		599 Kcal	 WHEAT  SULPHITES	 SESAME	 VEGETARIAN  VEGAN 
Cheesy Butternut Squash Sausage Roll & Chips - 1 Serving		491 Kcal	 WHEAT  MILK		 VEGETARIAN 
Garden peas - 1 Serving		76 Kcal			 VEGETARIAN  VEGAN 
Loaded Pizza Fries - 1 Serving		441 Kcal	 MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Salt & Pepper Loaded Fries - 1 Serving		396Kcal			 VEGETARIAN  VEGAN  LOW GHG EMISSIONS
WK 2 Mon					
Hand Stretched Margherita Personal Pizza - 1 Serving		544Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 HIGH GHG EMISSIONS
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN  VERY LOW GHG EMISSIONS
Authentic Vegetable Curry with Wholegrain Rice (VG) - 1 Serving		318Kcal			 VEGETARIAN  VEGAN
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
Hunters Chicken Folded Wrap - 1 Serving		554Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		 MEDIUM GHG EMISSIONS
WK 2 Tue					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Beef Bolognese Pasta Bake with Garlic Slice. - 1 Serving		482Kcal	 WHEAT	 MILK  MUSTARD  SOYA	
Vegetarian Shepherdess Pie - 1 Serving		322Kcal	 SOYA		 VEGETARIAN  VEGAN 
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN 
Mixed Salad - 1 Serving		16Kcal			 VEGETARIAN  VEGAN 
Chicken Tikka Naan Wrap Pot - 1 Serving		633Kcal	 WHEAT  MILK  EGGS		

WK 2 Wed

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Roast Chicken Fillet Burger with Wedges - 1 Serving		483 Kcal	 WHEAT	 SESAME	 MEDIUM GHG EMISSIONS
Plant Based Burger with Wedges - 1 Serving		616 Kcal	 WHEAT, BARLEY  SOYA	 SESAME	 VEGETARIAN  VEGAN  LOW GHG EMISSIONS
Salmon & Sweet Potato Fish Cake with Wedges - 1 Serving		394 Kcal	 WHEAT  FISH		 HIGH GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41 Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		517 Kcal	 WHEAT  SESAME  SULPHITES  MILK  SOYA		 VERY HIGH GHG EMISSIONS
WK 2 Thur					
Oven Baked Sausages with Caramelised Onions, Mash and Gravy - 1 Serving		478 Kcal	 SULPHITES		 VERY HIGH GHG EMISSIONS
Oven Baked Vegetarian Sausages with Mash and Gravy - 1 Serving		363 Kcal	 WHEAT  SOYA  MILK  SULPHITES		 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
					
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN 
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		475Kcal		 MUSTARD  SULPHITES	
WK 2 Fri					
Battered Fish with Chips - 1 Serving		397Kcal	 WHEAT  FISH		
Crispy Quorn Dippers with Chips - 1 Serving		321Kcal	 WHEAT		 VEGETARIAN  VEGAN  HALAL 
Garden peas - 1 Serving		76Kcal			 VEGETARIAN  VEGAN 
WK 3 Mon					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Hand Stretched Margherita Personal Pizza - 1 Serving		544Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 HIGH GHG EMISSIONS
Hand Stretched Pineapple Personal Pizza - 1 Serving		555Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	 HIGH GHG EMISSIONS
Mushroom Carbonara Pasta - 1 Serving		410Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN  VERY LOW GHG EMISSIONS
Mixed Salad - 1 Serving		16Kcal			 VEGETARIAN  VEGAN  VERY LOW GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
Toasted Sourdough Reuban Sandwich - 1 Serving		452Kcal	 WHEAT, RYE  MILK  SOYA  EGGS  MUSTARD  SULPHITES		 MEDIUM GHG EMISSIONS

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
WK 3 Tue					
All Day Breakfast Pot - with egg - 1 Serving		388Kcal	 EGGS  MILK  SULPHITES		
All Day Breakfast Pot - Halal - 1 Serving		421Kcal	 WHEAT  EGGS  MILK  SULPHITES		
Traditional All Day Vegetarian Breakfast - 1 Serving		256Kcal	 WHEAT  EGGS  MILK  SOYA  SULPHITES		 VEGETARIAN 
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN 
Crispy Chicken Stack Burger - 1 Serving		497Kcal	 WHEAT  EGGS  SESAME		
WK 3 Wed					
Marinated Roast Chicken Thigh with New Potatoes & Gravy - 1 Serving		526Kcal			

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Marinated Roast Quorn Fillet with New Potatoes & Gravy - 1 Serving		273Kcal	 EGGS		 VEGETARIAN  LOW GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
Greek Chicken Orzo Bowl with Roasted Veggies & Tzatziki - 1 Serving		456Kcal	 WHEAT  MILK  EGGS	 MUSTARD  SOYA	
WK 3 Thur					
Mild Vegetable Keema Curry with Steamed Rice - 1 Serving		574Kcal	 SOYA		 MEDIUM GHG EMISSIONS
Spanish Chicken & Tomato Rice - 1 Serving		583Kcal			 MEDIUM GHG EMISSIONS
Steamed Seasonal Vegetables - 1 Serving		41Kcal			 VEGETARIAN  VERY LOW GHG EMISSIONS
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		 MEDIUM GHG EMISSIONS
WK 3 Fri					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Battered Fish with Chips - 1 Serving		397Kcal	 WHEAT  FISH		
Fishless Fingers & Chips - 1 Serving		439Kcal	 WHEAT		 VEGETARIAN  VEGAN 
Mixed Bean Enchilada & Chips - 1 Serving		424Kcal	 WHEAT		 VEGETARIAN  VEGAN 
Garden peas - 1 Serving		76Kcal			 VEGETARIAN  VEGAN 
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		365Kcal	 MILK		