

























6th Form 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		506Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		
Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving		353Kcal	 WHEAT  MILK		
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344Kcal	 MILK		
Wk 1 Tue					
Crispy Chicken Burger with Mediterranean Salad, Tzatziki & Wedges - 1 Serving		522Kcal	 WHEAT  EGGS  MILK	 SESAME	
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 1 Wed					




















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			
Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving		452 Kcal			
Honey Roast Gammon with Skin-On Roast Potatoes & Gravy - 1 Serving		312 Kcal	 MUSTARD		
Cheesy Broccoli & Stuffing Pinwheel with Skin-On Roast Potatoes & Gravy - 1 Serving		660 Kcal	 WHEAT  MILK		 VEGETARIAN
Marinated Roast Quorn Fillet with Skin-On Roast Potatoes & Gravy - 1 Serving		254 Kcal	 EGGS		 VEGETARIAN
Mexican Chicken Hot Buddha Bowl - 1 Serving		367 Kcal			
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		458 Kcal			








Wk 1 Thur

Crispy Garlic & Herb Chicken Thigh with Creamy Mash - 1 Serving		353 Kcal	 MILK		
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376 Kcal	 WHEAT	 MILK  SOYA	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503 Kcal	 MILK		 VEGETARIAN









Wk 1 Fri







Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
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		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Wk 2 Mon					
Chicken & Pepperoni Pasta Bake with Garlic Slice - 1 Serving		632Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424Kcal	 WHEAT  EGGS		
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344Kcal	 MILK		
Wk 2 Tue					
Chill Beef Garlic butter Folded Wrap with Yellow Rice - 1 Serving		640Kcal	 WHEAT  MILK		
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 2 Wed					
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	
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		458Kcal			
Wk 2 Thur					
























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Creamy Paprika Chicken With Rice - 1 Serving		411Kcal	 MILK		
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN

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

Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
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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	
Sticky Korean Chicken Cheesy Melt - 1 Serving		474Kcal	 WHEAT  SOYA	 MILK  BARLEY  SESAME	
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344Kcal	 MILK		
Wk 3 Tue					
Chicken & Chickpea Tagine with Spiced Potatoes - 1 Serving		336Kcal		 WHEAT	
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		356Kcal	 WHEAT  MILK	 EGGS  MUSTARD	 SESAME
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN
Wk 3 Wed					
Toad in the Hole with Skin-On Roast Potatoes & Gravy copy - 1 Serving		703Kcal	 WHEAT  MILK	 EGGS  SOYA	 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
			 SULPHITES		
Plant Based Sausage Toad with Skin-On Roast Potatoes & Gravy - 1 Serving		542Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331Kcal			
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving		458Kcal			

Wk 3 Thur

Cajun Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice - 1 Serving		516Kcal	 WHEAT, BARLEY  CELERY  SOYA		
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920Kcal	 WHEAT  EGGS  MILK  MUSTARD  SOYA  SULPHITES	 BARLEY  SESAME	
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving		503Kcal	 MILK		 VEGETARIAN

Wk 3 Fri

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
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		569Kcal	 WHEAT  EGGS  MILK  SESAME		
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	